

VALLEY Optimist MAGAZINE

FREE
VOLUME 3 • NUMBER 17

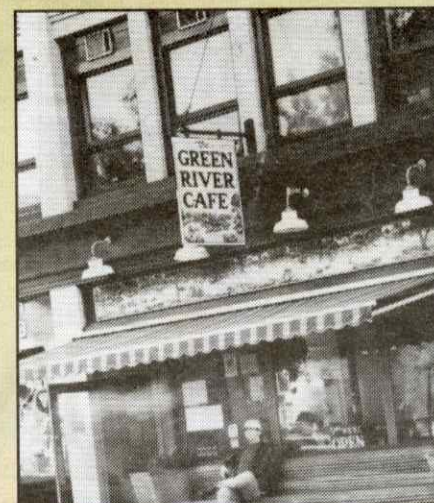
NOVEMBER 2

NOVEMBER 15



8 THE WARMING TREND

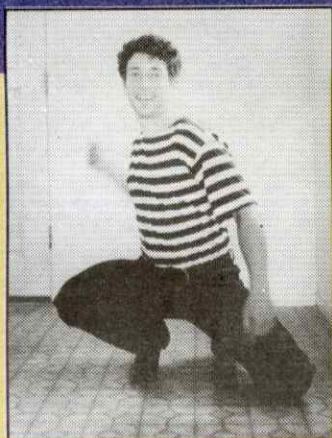
The cold is setting in, but you could be warming up. Take a deep look into the ever-expanding field of alternative heating technologies.



10 ROCK 'N' ROLLING ON THE RIVER

In order to keep the artistic waters flowing, Greenfield's Green River Café holds a benefit featuring three Valley rock bands.

CALENDAR PICKS



Jonathan Richman brings his guitar, his simply beautiful songs, and an honest sense of humor to the Iron Horse in Northampton on Thursday, November 3 at 7 p.m.

WEDNESDAY NOVEMBER 2

Mike Casey and David DiGiuseppe perform traditional Irish music and more at the Black Sheep Café in Amherst at 8 p.m.

FRIDAY NOVEMBER 4

Helium play their woozy, gnarled pop songs at the Bluewall at the University of Massachusetts with guitar-shredders Polvo and local act Meristem.

TUESDAY NOVEMBER 8

The Samples jam at John M. Greene Hall at Smith College in Northampton at 8 p.m.

WEDNESDAY NOVEMBER 9

Quetzal, area favorites, perform their Latin blend of music at the Northampton Brewery at 10 p.m.

SATURDAY NOVEMBER 12

Joel Zoss and Special Forces mix up the blues, R&B, reggae, and country at the Montague Bookmill in Montague at 8 p.m.

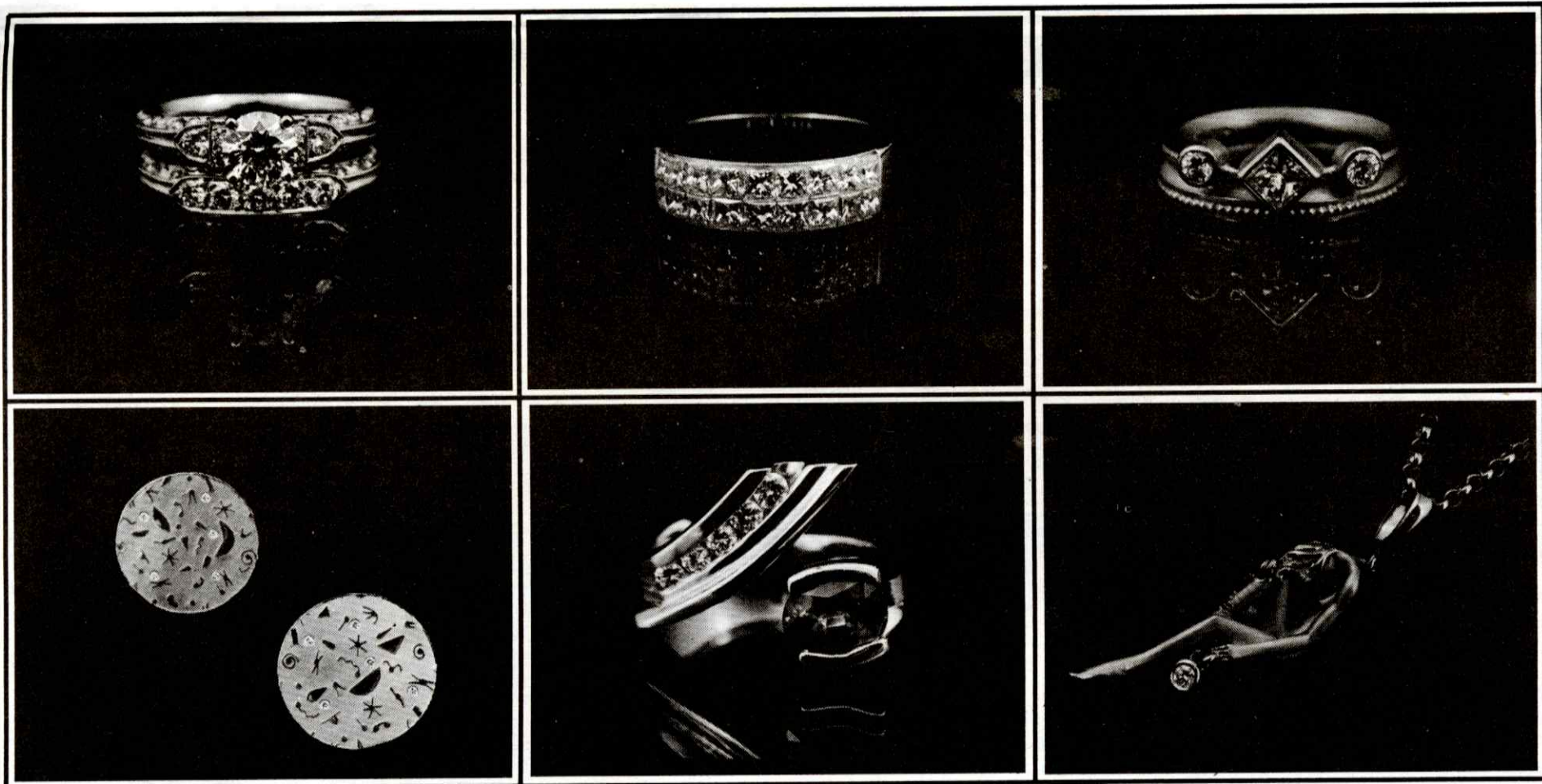
SUNDAY NOVEMBER 13

The Proclaimers walk 500 miles just to be the men who play Pearl Street in Northampton with local wild men Big Bad Bollocks at 8 p.m.



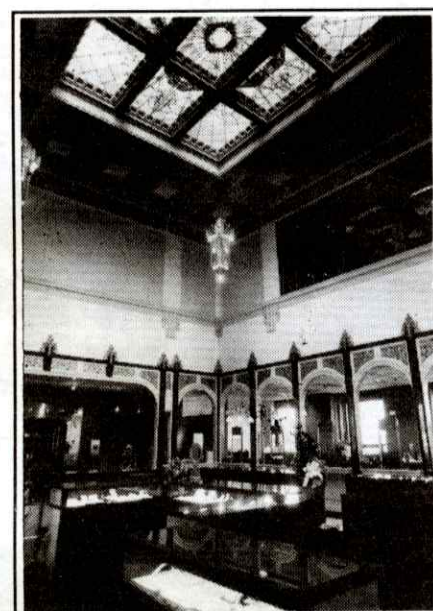
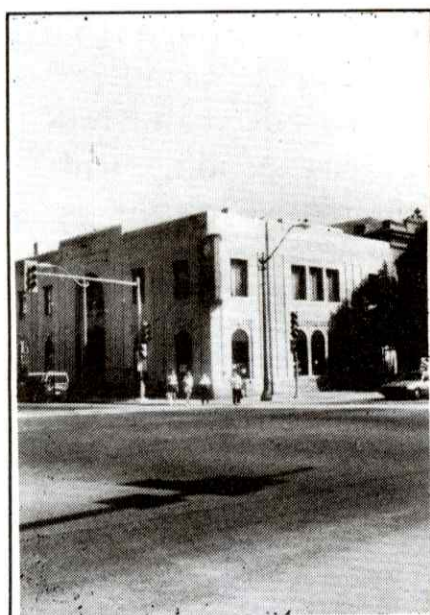
12 OUT OF THE CLOSET

Forget plastics, how about recycling those old bell bottoms?



THE FINEST

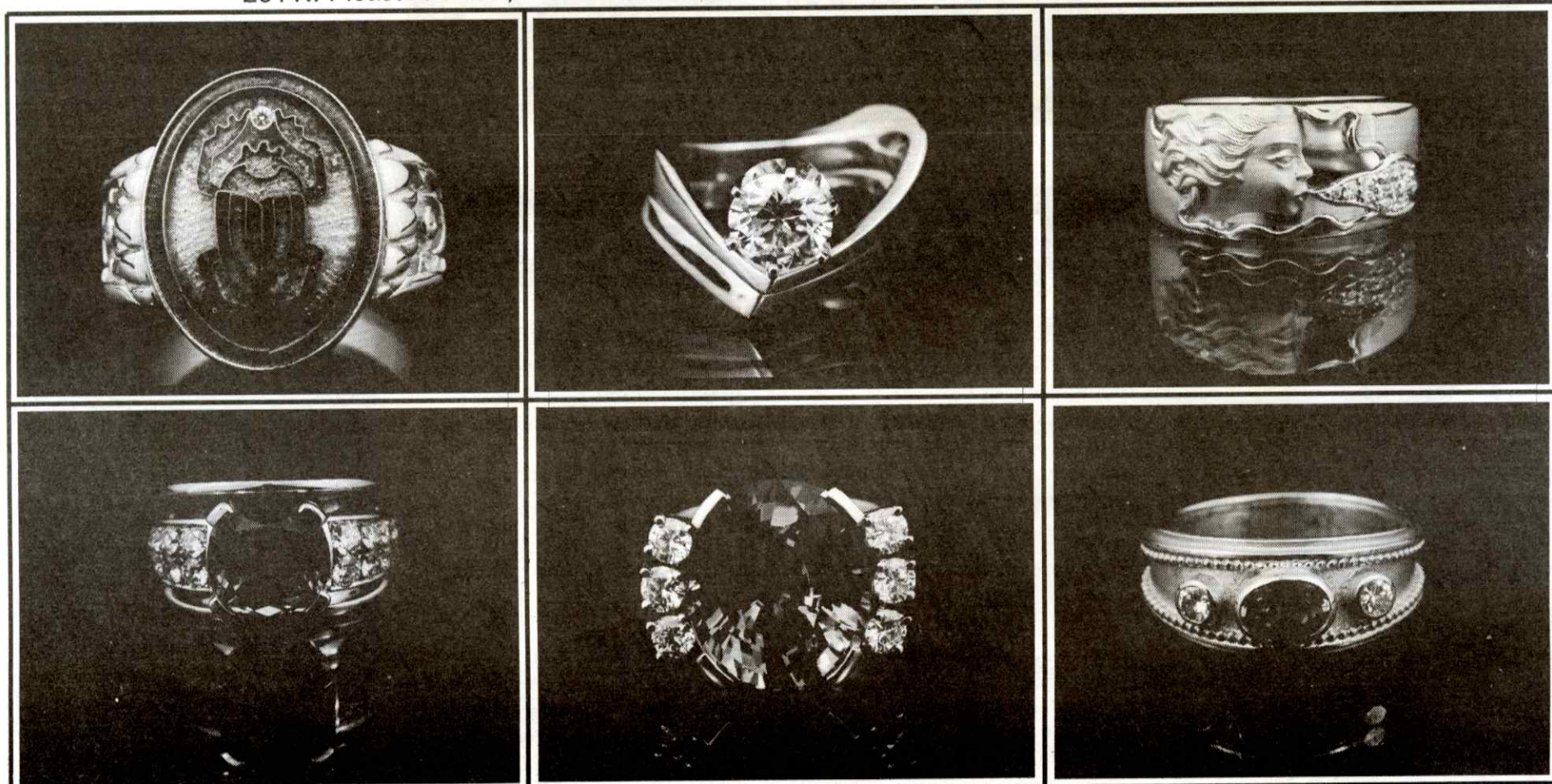
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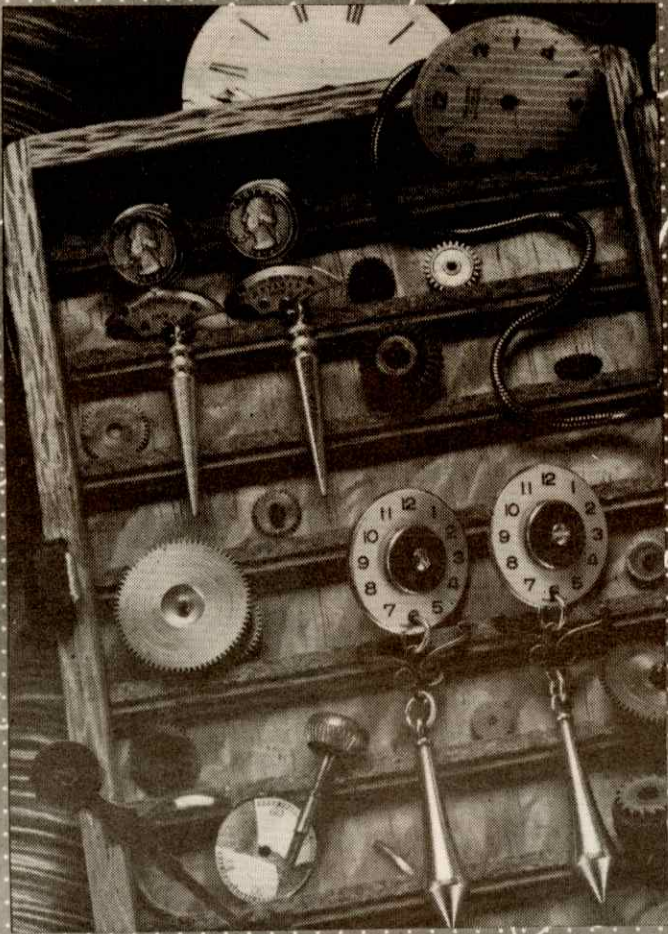


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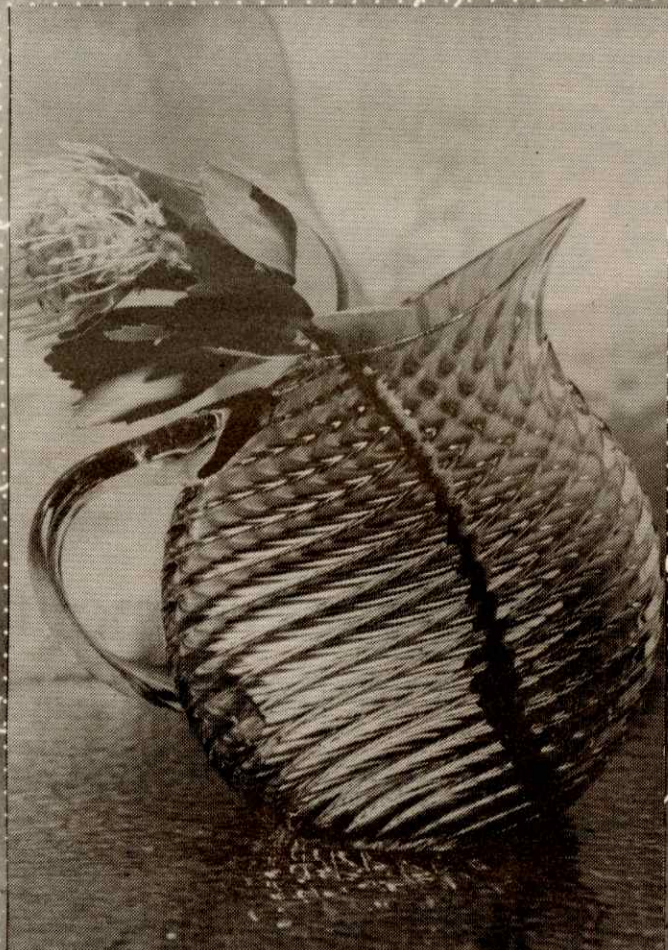
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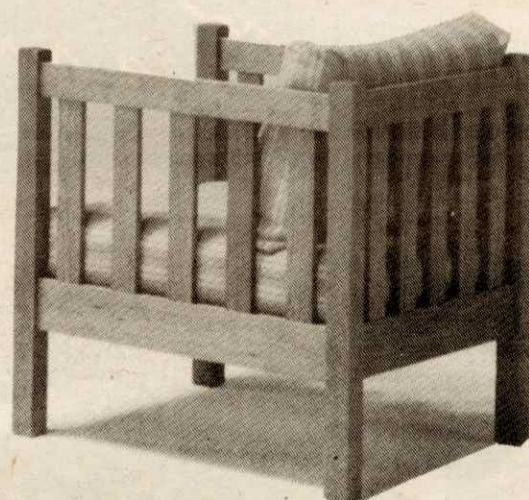
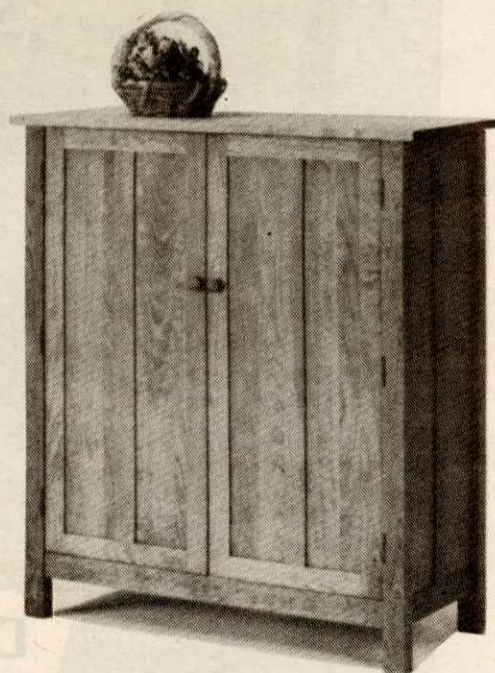
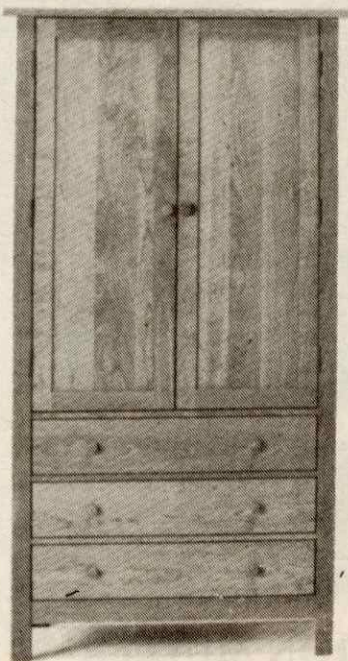
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The Warming Trend

photo by Amber Davis

Rock 'n' Rolling on the River

photo by George M. Strider

Out of the Closet

photo by Amber Davis

On Our Cover

Untitled, acrylic on wood by Joan Nelson. Ms. Nelson's work can be viewed at the Worcester Art Museum through February 6, 1995, in an exhibit entitled *Insights: A Distant View*. Photo courtesy Robert Miller Gallery, New York.

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answer from The King Fisher Science Encyclopedia

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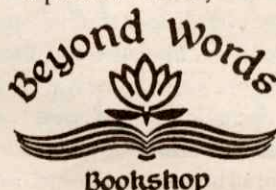
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WARMING TREND

Retrofitting? Pathological Building? How will you keep out the cold this winter?

by Matthew J. Donelan

Photo by Tobey



With the arrival of cold weather, many will soon recall the sting in the wallet that accompanies the winter. Paying home heating bills is no joke, but there are many ways to ease the burden. The energy wasted in the average home due to inefficient heating and energy use has been estimated to be larger than our military budget. This works out to nearly \$10,000 per second. A new home built with the latest advances in home heating technology is calculated to reduce energy use to 25% of an average American home. It's clear that most people do not intend to construct a new house, but many of these same technologies can be incorporated into existing homes in a process referred to as retrofitting. The process of retrofitting a home need not be expensive, and the money saved in fuel costs can quickly pay for the initial expenses, then continue to save one money.

Recently there has been growing interest in energy efficiency, both nationally and locally. Economically, increased energy efficiency decreases our reliance on foreign energy sources, which would decrease our foreign debt — thus more money would be available to spend in the domestic sector. Greater demand for energy-efficient materials and buildings translates into more business in construction-related industries as well as industries involved in the production of energy-efficient materials, such as window builders and insulation manufacturers. Less energy consumption also means a decrease of released environmental pollutants, since fewer fossil fuels are burned.

Power companies also have an interest in lowering energy consumption. Many utility companies are near the limits of their energy outputs, and the cost of producing new power plants is too expensive — both economically and politically. Utility companies feel that to remain competitive they must be involved in the business of both supplying and conserving energy. Even the banks want to help. Banks are realizing that an energy-efficient house is more valuable than a drafty, inefficient old home. They are beginning to see the investment of materials for energy conservation as an investment in the value of the house.

With all of these incentives and groups of people interested in helping, where do you start?

THE PHILOSOPHY

The first thing one needs to do is understand the philosophy behind energy conservation. Here in the Valley — Greenfield to be exact — there exists the nonprofit organization NESEA (Northeast Sustainable Energy Association), whose goal is to promote the use of sustainable energy in the region. Part of its mission involves educating the consumers and suppliers of energy, as well as the people involved in home construction, about the options available to them as they retrofit or build a home. The associate director of building programs for NESEA, Paul Lipke, spent some time with us discussing the ideology behind the concept of sustainable energy and the state of energy conservation today.

"There is no reason why utility bills should be so much an issue, given what we now know," says Lipke. "It will just take time and public demand to change that." He is in a unique position, able to see all of the issue's potentials and problems. He feels that things have been looking up ever since the oil crisis in the '70s. That event helped educate Americans about the issues involved in energy conservation. It also prodded people to investigate the possibilities of alternative energy sources and the potential of improved home insulation and planning. Within the last two decades there have been quantum improvements in insulation and heating technologies. Lipke believes the first place to start when retrofitting one's own home is at the weakest link in the chain. "If your feet were wet, would you change your shorts or buy a new pair of sneakers?" Lipke asked. One needs to isolate the leading causes of energy loss from a home (we'll see how the utility companies are ready and willing to help one do this) and deal with them rationally. For most homes, this simply involves the upgrading or addition of insulation and ensuring that the windows close snugly. It might also involve the installation of newer high-rated insulated windows. Heat lost through windows accounts for 10–25% of all heat lost in a home. Even the addition of a plastic barrier over existing window frames can greatly reduce heat loss through windows.

Lipke stresses a holistic approach to energy conservation. "Think of the house as a system, like your body," says Lipke. "If you mess with one part, you mess with everything. You need to think of the interaction of parts." At issue is not just warmth and energy — a home needs to be designed or refit so that it interacts well with its environment. The term *pathological building* has come

to describe a home that is constructed with no understanding of how it may interact with the environment. An example of a pathological building might be a home built in a warm climate with large south-facing windows. This

"Think of the house as a system, like your body."

— Paul Lipke

It might also involve the installation of newer high-rated insulated windows.

may make the interior very bright, but it also creates a problem when trying to keep the house cool. Ideally, in the Northeast, one would make use of this same passive solar radiation for keeping a house warm. A house built with well-insulated south-facing windows would use some of the free energy of the sun to heat it during the day instead of electric, gas, oil, or wood fuel.

"Comfort, durability, maintenance, and health — all of these things are linked to energy," Lipke stated. He used the analogy of a drafty

old house to illuminate his points. The costs of heating the home are high, but that's not all. Another factor to take into account when examining the well-being of a home is moisture and air movement. If, for example, one installs insulation with a vapor barrier in the wrong places, more problems may be created than existed before the work began. If air and moisture movement are too severely limited one might end up with a damp house with static air movement rather than the nice warm and comfortable house hoped for. One needs to directly deal with the cause and then solve the problem sensibly.

WHERE TO START?

The first step is to have an energy audit of the home. This involves an expert physically examining the state of the house. In an audit, the type, location, and thickness of insulation in the walls and ceilings, and the condition of the windows, will be inspected. In addition, a blower door test (used to create a negative pressure in the house to locate gaps and leaks in the home where unwanted air flow can occur) will normally be conducted. An audit will, in effect, grade your home and locate the areas where most energy is being lost. Also, specific suggestions are made as to how best to improve the home's heating efficiency.

The utility companies to which one pays utility bills are willing to help you isolate the weak points in your home heating situation. Both electric and gas companies have programs to help save the consumer money at no cost. State and federal laws require that utilities support energy conservation programs. Oil companies have no such incentives or regulations requiring any such conservation efforts because they are usually small, privately-run businesses. The majority of these programs will provide a free home energy audit and some free

energy-saving materials to get you started. If you don't want to do the work yourself, they will direct you to contractors who are trained

conservation practices that include the distribution of compact fluorescent energy-efficient bulbs, free pickup of old working appliances, and insulation of water heaters and pipes. Part of this program is the Energy Crafted Home Program, whose objective is to promote energy conservation for people who use electricity as their primary heat source. Duncan Prah, an associate of the Energy Crafted Home Program, discussed with us some specifics of these programs as well as the state of energy conservation today. "We provide a visual energy audit, \$30 worth of energy saving materials, and advice," said Prah. "We can make arrangements with contractors and we also provide post-installation inspections." An audit will tell you where you require work, roughly how much it will cost, and how much you will probably save.

It is important to note that all utility companies have similar programs in effect. You can contact your primary heat provider for further information by requesting a home energy audit. There is also a nonprofit state-regulated energy

conservation service called Mass Save that offers similar services, including a home energy audit, to all state residents, including oil heat users.

OPTIONS

One simple and highly effective place to begin



photo by Amber Davis

to do the work you require.

An example of one such energy conservation program is Western Massachusetts Electric's Spectrum Program. The Spectrum Program is an umbrella organization whose various subprograms are involved in energy

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Windows and insulation are the primary culprits in energy loss. The types of insulation available for use are fiberglass, cellulose, extruded polystyrene and polyisocyanurate. The latter two come in boards and are primarily used in below-ground applications, but they boast a high R-value. (R-value is defined as a material's resistance to heat flow: the higher the R-value, the better the material is as an insulator.) Cellulose and fiberglass come in a variety of different forms that have relatively similar R-values of between R-3.2 to R-3.8 per inch of insulation. Both forms can be blown into existing walls. Prahm recommends the use of cellulose insulation because it is better at blocking unwanted air passages through wall spaces.

Depending on the existing windows, the purchase and installation of new windows might be cost-effective. Windows are rated by both R-values and U-values. (Unlike R-values, the lower the U-value, the better insulated the window.) Today double-pane windows are standard. Triple-pane windows are also quite common. Low-e windows have the glass covered with a special coating that helps control heat conduction. There are also super windows, in which the entire window is covered with the same coating as low-e windows, including the frame. Often, in super windows, the air space between panes is filled with argon gas, which has beneficial heat transfer qualities. One can spend quite a bit of money on well-insulated windows, but if installed correctly they can quickly pay for themselves. When shopping for windows it's important to compare similar units of insulation. Not only are windows rated by both R-values and U-values, but also by center of glass and whole unit measurements

of efficiency. Whole unit measurements are more accurate, as they take into account not only the glass but the heat lost through the frame as well. Prahm pointed out that a well-fitted home has "better air quality, lower maintenance, and is also usually quieter and healthier." The success of such programs can lead to a savings of 10-20% in energy costs in a typical home.

THE VALUE OF YOUR HOME

Obviously, one should build homes that are initially energy-efficient. Banks are starting to realize the increased value of an energy-efficient home. Building regulation codes require some measure of insulation and energy conservation materials, but they do not even begin to approach the potentials that can be met with existing technologies. To promote the construction of well-built homes, the government and the utility companies are trying to get banks to promote energy-efficient mortgages (EEMs), which are becoming more readily available. When a new home is built it is constructed with efficient energy-saving technologies, such as good insulation and windows, as well as a mechanical air movement control system (to insure adequate ventilation and moisture movement). This will increase the building cost of the house to some degree — which leads to a higher mortgage — but when the home is built, the energy saved leads to lower utility bills. "It costs more to build an energy-efficient home but you begin saving money immediately after you move in," says Prahm. "The money saved is then used to finance the higher cost of construction." There is a net profit on the part of all parties — the homeowner, the contractor, and the bank.

In the long run one trusts that banks, when estimating the value of a home, will take into account the value of energy savings that exists in well-built homes. It is hoped that when

FASHION ON ICE

Conserving energy with style

A great way to conserve energy while keeping warm is to wear a sweater. Body heat can be a very precious commodity in the winter, as more than half of your total body heat escapes through the top of your head. Natural fibers like wool and cotton provide the best warmth while letting your skin breathe. This keeps your body from producing moisture which would otherwise give you a nasty chill. So instead of jacking up the heat, wear a hat and dress in layers inside!

But adding layers doesn't mean that you have to look like the Michelin Man. Sweater shapes are refined and tailored this year, not unlike your summer T-shirt. Local stores have geared up for the Arctic season ahead of us, providing all the winter necessities that keep your tootsies warm and your frosty self looking good.

Crazy Moon Fashions, in South Hadley's Village Commons, has unisex sweaters in wool and cotton. These will bulk you up to bear the elements. Match these with a pair of wool mittens and one of the hats from their varied collection, and you'll see that utility bill plummet before your eyes. On the more fashionable side, Crazy Moon offers crochet sweaters in colorful stripes to brighten up the season's short days and long nights.

Zanna, in Amherst, carries the most luxurious of winter fashions. As the snow falls, stay toasty warm within the confines of your living room wearing an oversized or tight tunic-style chenille sweater. Or for a dressier snowbound event, pair a wool sweater dress by Anthropologie with a pair of thick leather boots from their shoe department.

Men's styles are bulky and textural at J. Rich in Amherst and Northampton. From V-neck sweater vests to the wide range of oversized plaid flannels, they have fashionable insulation for everybody. If you have to step outside, a lined suede jacket will certainly make the cold more bearable.

With the winter closing in on us, let this year's winter garb plow its way in. It will spare you money on your heating bill, make you look swell, and save you from a severe case of frostbite.

— Melinda Webber

refinancing a home for improvements, energy-saving measures can be incorporated. If these possibilities become available, there will be a market-driven incentive for energy conservation and it will be in nearly everyone's interest to conserve energy. The most difficult market to crack remains the rental market in which the tenant pays utility costs. There is little incentive for either the land-


lord or the tenant to invest in energy conservation. It remains to be seen how these programs will evolve in the future, but there's no reason, given what you now know, why your energy costs should remain high.

For further information contact your primary heat provider and ask about an energy audit, or call Mass Save at 1-800-632-8300. ★

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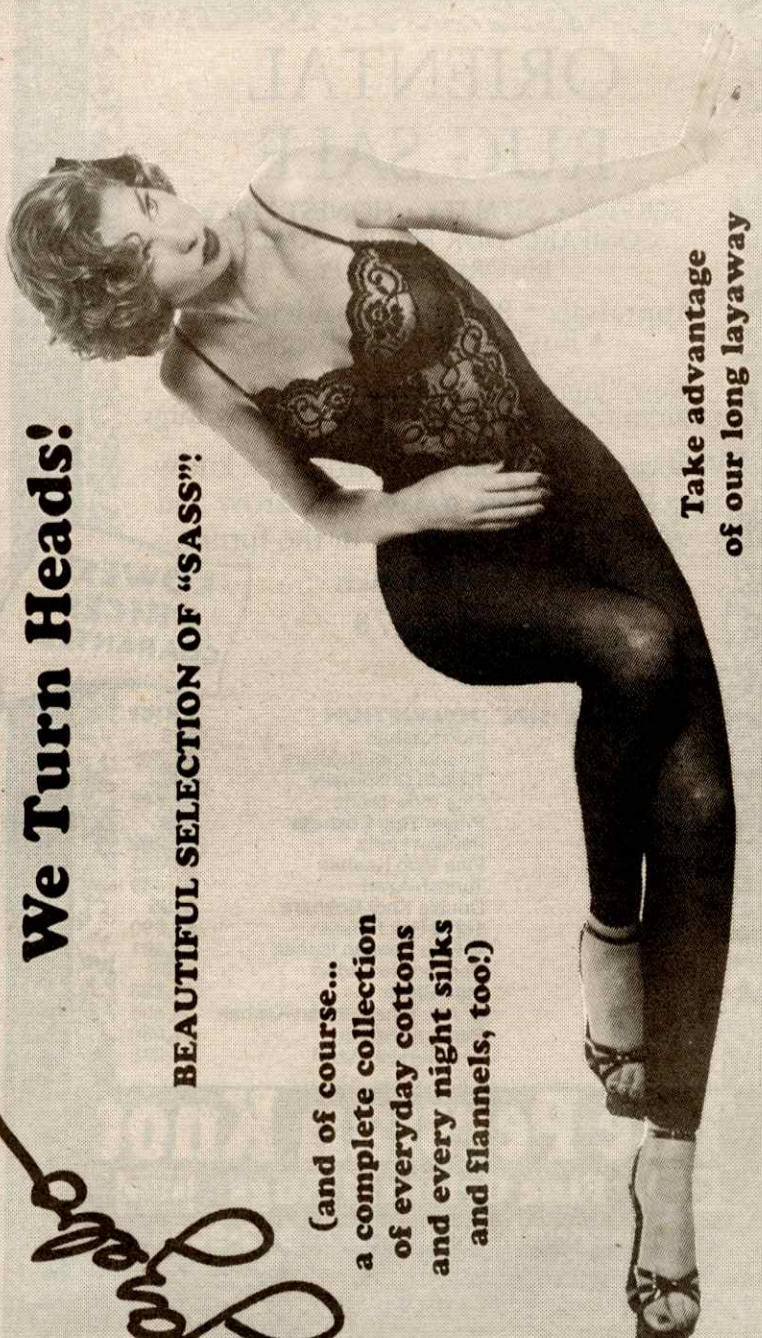
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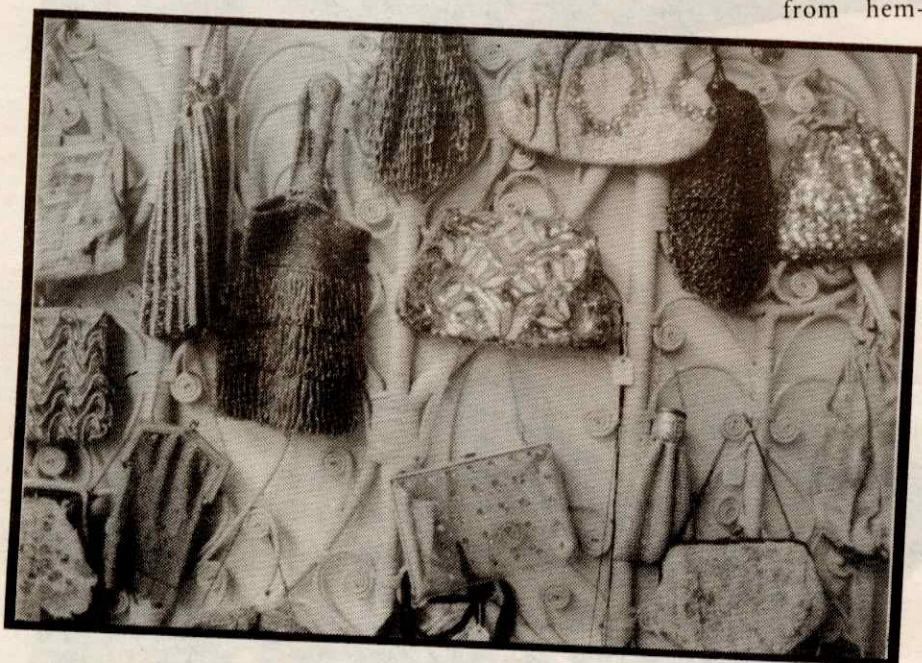
Vintage Vogue

Mom's old bell-bottoms may be as valuable as an heirloom from Grandma

by Melinda Webber

We've all looked at old photographs and wondered with embarrassment how we ever could have been caught dead in such ridiculous-looking clothing. However, fashions constantly repeat themselves. As soon as they appear on the runways, those old clothes stuck in the back of the closet immediately gain respect. Whether you want to be at the

they also tend to be costly. "I don't think people can find what they want in the malls," said Roz's Place co-owner Denise Miner. "Not everyone can find what they want. Not everyone has the money." As styles change, department stores adhere closely to the trends instituted by the elite fashion world. Even though most people don't think they would wear the styles shown in the theatrical fashion shows of the top designers, they do if they shop in the malls. Manufacturers adopt and tone down the prominent designs, from hem-



Vintage vogue — old-fashioned high fashion.

height of fashion on a low-altitude budget, or just simply want to display your individual flair, literally centuries of fashion are available at local vintage boutiques.

Second-hand clothing has gone from serving basic clothing needs to becoming one of the most significant fashion signatures of this area and beyond. Like the Pioneer Valley itself, vintage clothing represents a hybrid of cultures and styles. From the college student and the artist, to the local farmer and the suburbanite, the Valley sparks unusual business opportunities. Local entrepreneurs have zeroed in on this, creating a wealth of vintage stores — 11 in Northampton and Amherst alone.

COMMUNITY COLLAGE

Many factors have come together to establish the success of vintage stores in the Five College area. Come autumn, a horde of students descends on the Valley. With this population explosion comes diversity, followed by business opportunities. "I think this is a very good area for vintage clothing," said Gayle Morin, owner of Better Yet in Northampton. "You don't find it in every city and town. It's unique."

Fern Jaffe, owner of Northampton's Out of the Past Vintage Clothing, once owned a vintage clothing business in Bloomfield, Connecticut. Arriving here with some experience, she has learned the difference the varied communities of the Valley can make in the success of a specialized business. "People [in the Valley] are more individualistic and creative; it's more of an art community. It's very different from the insurance company-based community of Bloomfield. They don't go for [vintage clothing] there."

As most owners will attest, vintage stores are a perfect alternative to shopping malls. Not only do the malls offer few choices, but

lines to waistlines. Designers act as dictators, bringing a uniformity of styles and brand names to boutiques and malls everywhere. Given no options, consumers are forced to become fashion clones. "People in this area can use [vintage clothing] as a way to express themselves, whereas if you go into a new clothing store it's really limited. If they're showing short [skirts], you have to buy short," said Jaffe. "Vintage covers a spectrum. I have stuff from 100 years ago."

Gayle Morin got a jump start on the vintage craze in 1981 when she opened Better Yet. "I started this business because I wanted an alternative to department store shopping," said Morin. "Mostly I mixed vintage clothing with my own [new clothing]. I did it because it was an interesting option. As the years have gone by, I have learned to appreciate the antique quality to it."

THE PAST IN THE PRESENT

As new ideas arrive infrequently in fashion, designers turn to the past for new looks. They add their own innovations to hundreds of years of design, thus recycling fashions. From the recurrence of the platform shoe in the '40s, '70s, and the early '90s, to the sheer slip dresses of the '20s and today, most styles will return to the limelight someday. Jaffe has participated in vintage clothing shows for six years and has seen first-hand how designer's innovations are derived from the past. "A lot of the designers have bought clothes from me — Ralph Lauren, Donna Karan — and they've used them to copy. Their stuff is very high-priced, [but] you can buy the same ideas from me, at a fraction of the price. Besides, the old stuff is nicer. You can't duplicate it, but you can try."

When it comes to basic items, vintage

Vintage Clothing Stores

Out of the Past Vintage Clothing

Maplewood Shops
Northampton
586-9431

Roz's Place
6 Bridge St.
Northampton
586-4381

Better Yet
11 Market St.
Northampton
584-3978

The Salvation Army
N. Pleasant St.
Amherst
253-4747

The Salvation Army
59 Service Center Rd.
Northampton
586-2493

Praktikly Worne Classic Clothing

2 Bridge St.
Northampton
586-1913

Second Showing

9 Market St.
Northampton
586-3136

Gypsy Heart
197 N. Pleasant St.
Amherst
253-9606

Reappearance

269 Pleasant St.
Northampton
584-4134

Carol's New to You

Potpourri Shops/King St.
Northampton
584-7607

Consign-It Joan's

Pleasant St.
Northampton

stores provide an ideal outlet. This area is known for its casual way of life and dress. But one doesn't have to pay high mall prices for everyday wear. Save money and buy them used. Besides, who wants to break in a new pair of jeans? The Salvation Army, located in both Amherst and Northampton, carries racks and racks of Levis and other brand names, and the profits all go to a good cause. Paul Musial from the new Amherst store says that college students not only shop for "period parties," but "for the basics — jeans and T-shirts." Items come directly from the

MAKE A DATE

NOVEMBER 8 & 15

The Franklin County Chamber of Commerce: Estate and Retirement Planning Workshops. This series of presentations, by David Twombly of Phoenix Home Mutual, will cover laws, taxes, investment vehicles, insurance plans, wills and trusts, and more. 7 – 9:30 p.m. Howard Johnson's. \$45 mem./\$55 non-mem. To register: Chamber office, (413) 773-5463.

NOVEMBER 10

Business for Social Responsibility (BSR) sponsors an informational meeting at Al's Beverage Company. There will be a presentation on how Al's Beverage Company has been able to implement socially responsible practices while maintaining a healthy and profitable business. Other BSR members have been invited to share similar experiences in their businesses. For more information call (413) 584-8191.

NOVEMBER 18

The River Valley Health Association invites the public to an Open House. This natural healthcare clinic encourages the public to come by and see what they have to offer. The brand-new clinic provides naturopathic medicine, psychotherapy, acupuncture, and Shiatsu therapy services. 4 – 7 p.m. 116 Russell St. in Hadley (off Route 9). Call (413) 585-1511 for more information.

EVERY THURSDAY

MSBDC and Greater Northampton Chamber of Commerce: One-on-One Small Business Counseling. Land Bank (8 Bridge St.), Northampton. Free. For more information, call the Chamber at 584-1900 or Maxine at 737-6712. ★

Salvation Army warehouse in Springfield, but Musial asserted: "No stained or damaged goods are put on the floor. We are very selective."

Vintage clothing expresses the pervading image of the Valley — basic and unique. This distinct way of shopping not only provides a decent basic wardrobe, but allows people to pick and choose, and to use their imaginations. From cords to leathers, what sells? "Basic clothing," said Miner, "with a style all its own." ★



COMMERCIAL PULSE

Local Businesses Provide Sweet Relief for AIDS Community

On November 6, area businesses are coming together to fight AIDS. Over 60 local restaurants, bakeries, and catering services have donated chocolate desserts to a benefit for AIDS Care/Hampshire County.

AIDS Care/Hampshire County is an organization serving people in the Valley infected with HIV, their families, and friends. The AIDS Care program facilitates the coordination of services and offers a comprehensive support system for people diagnosed as HIV positive.

The chocolate dessert buffet is sponsored by Friends of AIDS Care/Hampshire County, a group formed six months ago to increase awareness and raise funds for AIDS Care/Hampshire County. The dessert fundraiser has been the focus of the group's attention since then, and organizers say community support has been tremendous.

"The community has really supported our efforts," said Peg Pitzer, Friends member. "We have had a lot of donations, such as printed materials, posters, stationery, and gift certificates from supermarkets. It's been wonderful."

Some of the restaurants and services donating to the benefit are: Eastside Grill, Spoleto, Fitzwilly's, Ben and Bill's Chocolate Emporium, Pleasures of the Table Catering, and Bart's. Most of the desserts are cakes and mousses, but two restaurants are offering something a little different: Herrell's is donating their chocolate pudding ice cream, and volunteers will be dishing up La Cazuela's special anniversary chocolate pudding.

The members of the Friends of AIDS Care/Hampshire County want the community to know that it's not too late to get involved.

"We're still looking for volunteers to help set up, clean up, and pick up desserts to be delivered at the buffet," Pitzer said. "The chocolate dessert buffet is our first major fundraising effort, and we plan to have more in the future. We are always looking for new members to join Friends and help plan things."

The Chocolate Dessert Buffet will be at the Northampton Center for the Arts on Sunday, November 6, from 2 - 5 p.m. Call (413) 586-9526 for ticket information or to find out how to get involved with Friends of AIDS Care/Hampshire County.

RAPID PULSE

IN AMHERST

A mountain bike, a massage, and a bushel of beans are some of the items up for bidding at the Amherst Area Chamber of Commerce's first annual "Then and Now" Auction. The auction will occur on November 12, at Hampshire College's Red Barn. The fundraiser will also offer refreshments at a reception prior to the auction. The Chamber is still accepting donations and volunteers to help sell tickets. Viewing of the items up for bid is set for 1 - 5 p.m., with the reception following at 6:30, and auctioning beginning at 7:30 p.m. For ticket information or to donate or volunteer, call Donna Bartell, (413) 549-7582.

IN NORTHAMPTON

The University of Massachusetts Family Business Center is sponsoring its first executive breakfast seminar, "Strategic Planning — Creating and Implementing a Shared Vision," on November 16. The program will give family business members an opportunity to get acquainted with one another as well as the UMass Family Business Center, while learning creative planning strategies. The UMass Family Business Center is a newly-formed membership program which offers forums, counseling, and access to UMass resources as a means in aiding family businesses in successfully sustaining themselves through the challenging beginning years of operation. The breakfast will take place at the Hotel Northampton from 8 - 11 a.m. Contact Ira Bryck at (413) 545-1537 to register or for more information.

IN HAMPSHIRE COUNTY

In accordance with the American Cancer Society's Great American Smoke-Out on November 17, local health care providers and the Tobacco Free Hampshire County Coalition are promoting "Trade Your Butts" Day, an opportunity for smokers to swap a pack of cigarettes for a coupon worth approximately the same dollar value at participating stores and restaurants. The coupons will be valid until December 31, 1994. Trade-in tables will be located at area health care centers, in Hampshire Mall, and at City Hall in Northampton.

"This is a chance for local businesses to join in the countrywide effort to support smokers who want to quit," said Pamela Schwartz, Coalition coordinator. For more information call (413) 586-3786.

IN WESTERN MASSACHUSETTS

The Greater Holyoke and Chicopee Chambers of Commerce are holding their annual business-to-business show on November 3 at Westover Air Reserve Base in the Pull-Through Hangar. The show will feature more than 150 exhibitors representing all areas of business in the Valley. Some of the exhibitors include: Atkins Farm, Bay State Gas, Butler Carpet Cleaning, Western New England College, and Sound Gem. According to the Holyoke Chamber of Commerce, the purpose of the event is to "promote businesses to other businesses," ultimately stimulating local purchasing in Western Massachusetts. The event will take place immediately following a pre-registered breakfast, which begins at 8:15 a.m. There will be a closing reception from 5 - 7 p.m. The show is open to the public free of charge. For more information, call (413) 534-3376.

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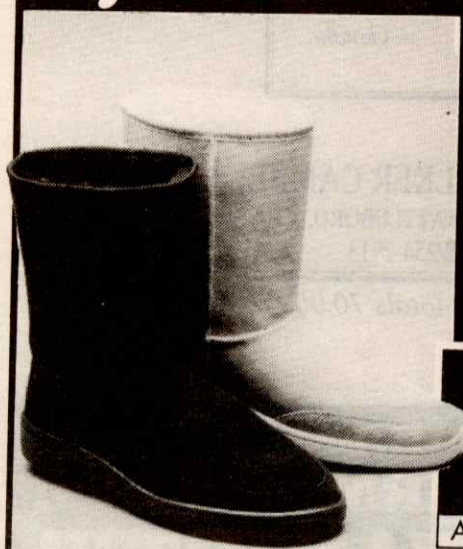


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Basking in the Literary Limelight

Northampton-based writer Sarah S. Kilborne succeeds with her first children's book, *Peach & Blue*

by Erica Habert

Whether you are six or 106, the recently released children's book *Peach & Blue* (Alfred A. Knopf, Inc.) is guaranteed to warm your heart.

Through an unlikely pairing of a peach (Peach) who longs for adventure and an aimless frog named Blue, who helps free her from her branch, an extraordinary friendship is created. The characters are beautifully brought to life by award-winning illustrator Steve Johnson (illustrator of *The Salamander Room* and *The Frog Prince, Continued*, among others), in collaboration with Lou Fancher. *Peach & Blue* is a lyrical, touching, and timeless story that illuminates love's unique power to transform how we see the world.

Although the book hit the shelves just a few weeks ago, it has already inspired children's book reviewers and magazine editors to sing its praises. And a mere five days after the publisher shipped it out, *The Today Show* featured *Peach & Blue* as "a perfect bedtime story" and "one of the best children's books of the fall."

These are impressive credentials, particularly since it's a considerable feat to even get published in this genre. The market for children's books — particularly for tales as sweet and endearing as this one — is notoriously cutthroat. Thus author Sarah Kilborne's own story behind the publication of *Peach & Blue* is, indeed, almost as intriguing as her fictional one.

THE RIGHT PLACE AT THE RIGHT TIME

The real-life story started with a chance encounter about four years ago. Kilborne, now 26, was finishing her philosophy degree at Yale and searching for post-graduate employment. One day in late April, she gathered up her resumés and headed to New York City for an interview for an elementary teaching position.

But it was an unscheduled, completely unanticipated interview that day which led to her first major experience in the world of book publishing. "I was lucky enough to be standing at the right street corner at

the right time," she says. "And that's how I got my [first publishing] job. It's no joke."

She decided to look up an old friend for lunch who worked in the paperback division at Alfred A. Knopf. While discussing their lunch plans in front of the Knopf building, a woman from the editorial department came down to join them and, following introductions, informed Kilborne that a position for an assistant editor had just opened up in the children's book divi-

person involved in production has writing aspirations, since book publishers discourage putting out work by its own editors.

Kilborne submitted the manuscript for *Peach & Blue*, whose characters bear the nicknames of her maternal grandparents, shortly before she left Knopf in early 1992. She came to the Valley to begin work on a research project through the Five College Women's Studies Research Center, and also took a position as Literary Editor for *The Valley Optimist*. Upon her arrival here she learned that, in spite of the risks involved with Kilborne having been an editor at Knopf, the publishing house decided to purchase her manuscript.

She was tremendously pleased, albeit surprised. "It was a difficult decision for Knopf because they had to make double sure that they were willing to back it; to make sure that the book stood on its own." As it turned out, the manuscript had been given anonymously to the

photo by Amber Davis



Sarah Kilborne, local author of *Peach and Blue*, which *The Today Show* called "one of the best children's books of the fall."

sion. Kilborne went to Knopf that afternoon for an interview and, a few weeks later, wound up with the job.

Kilborne worked at Knopf for the next two years, gaining invaluable experience in screening manuscripts, editing, and book production. While she enjoyed being in the thick of the action, Kilborne says that about one-and-a-half years into her position she began to feel a stronger pull toward the writing side rather than the editing one. And the problem was, she says, that "there really wasn't much room to climb up the ladder. Generally, you move laterally to another company or publishing house" when a

executive editor for children's books at Knopf, thereby ensuring that there was no bias involved in choosing to publish Kilborne's work.

Kilborne was thrilled when she learned that highly-acclaimed children's book illustrator Steve Johnson agreed to do the artwork for *Peach & Blue*. Although the decision was made independently of Kilborne, the outcome couldn't have pleased her more. "Given my druthers, he was the one that I wanted to do it. He was my dream choice." With that dream fulfilled, the hope today is to meet the person who drew such breathtaking pictures for her story. "I've

never even seen what he looks like," she admits.

HAVING HER C.A.K.E. AND EATING IT TOO

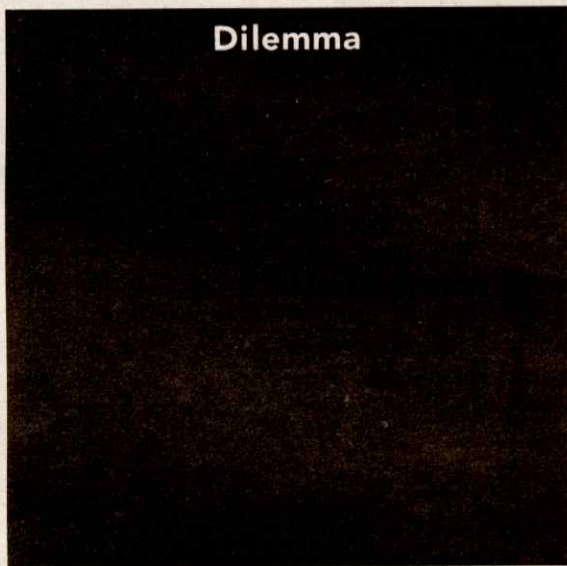
These days writer, editor, and researcher Kilborne is launching yet another arts project, only this one isn't strictly literary. She and her fiancé founded a company called C.A.K.E.: Creative Adventures for Kids Everywhere. It's sort of a traveling performance troupe that creates a variety of adventure activities — what she calls "treasure hunts with plots" — for children. C.A.K.E. stages these events in both indoor and outdoor settings for large-scale functions, such as company picnics. Kilborne provides the storytelling angle; her fiancé, who has been in the acting business for most of his life, heads the dramatic component; a third person, Tarleton Reynolds, makes all of the colorful costumes; and a fourth specializes in making the huge inflatables, some up to 24 feet tall, that highlight the themes of these adventure retreats.

"We want to have a children's empire," says Kilborne, "and we will." C.A.K.E. was recently hired by the city of West Palm Beach, Florida, to participate in their Centennial Celebration on November 6; some 20,000 people are expected. Kilborne will do three readings from *Peach & Blue*, and she and the rest of C.A.K.E. will put on three shows. The Centennial will receive national coverage, including a segment on *Good Morning America*, and publicity for Kilborne's event appropriately instructs people to "look for the giant peach tree."

Kilborne explains that C.A.K.E.'s eventual goal is to establish adventure day-camps for kids all over the world. "We're going to be the next Disney," she says with a confident grin. If *Peach & Blue* is any indication of Kilborne's eye for success, ol' Mickey might have to step aside.

Sarah Kilborne will be at the Jeffery Amherst Bookshop on Friday, November 11, at 11 a.m. for a reading and booksigning. At 1:30 p.m. she will be at The Globe Bookshop to read the winning entries from the Globe's Children's Book Contest, for which she was a judge. To contact C.A.K.E., call (413) 584-9250 or (800) 341-CAKE. ★

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Green River Revival

Greenfield's main inlet for folk music holds a benefit to replenish its resources

by Ken Maiuri

In a sedate area somewhat stuck in between the hustle and bustle of larger cities, Greenfield's Green River Café has been making waves. For the past three years, the café has been bringing the folks of Franklin County and neighboring areas the best in folk music, poetry, and other entertainment. The newly incorporated worker-owned collective is going through some rough waters, however, and is holding a benefit concert on November 4, featuring Tizzy, Pirate Jenny, and Sourpuss, three Valley rock bands, in hopes of keeping the Green River Café afloat.

"When we incorporated we found a myriad of debts that the previous partnership had neglected to attend to," said Linda Rollins, president of Green River Café Inc., and part of the café collective since one month after its opening in 1991. Among those debts is a two-year-old \$2000 water bill, Rollins said. "If we had to pay [all our bills] now, we'd be out of business."

"There are certain things that have been big expenses recently," explained Jonathan Salz, the café's music coordinator, who also does the sound and collects at the door. "One is the bakery which we purchased and revamped — we're buying new equipment for it. The other one is that the previous booking agent owned all the sound equipment and took it with her when she left. We've been buying [our own equipment] piece by piece; a lot of stuff, like the sound board and the power amp, is still loaned from other individuals. Also, we have very little cash for promotion, [which] is necessary to make the scene work. Putting on a show is a really expensive thing to do. Even the smallest expenses add up."

Salz emphasized the café's appreciation of the supportive local community. "One thing that we would really like to be able to continue is our mailing list. People have been really good to us with it. A lot of folks have shown up who otherwise [without the mailer] would not. It reaches folks way into the depths of Franklin County who might not be able to pick up a calendar. It's questionable whether or not we can afford that at this point. We're just working really hard to rebuild for the future."

The staff of the Green River Café knows they can't do it all by themselves, howev-

er. "In order for us to stay afloat," said Rollins, "we're turning to the community

fit, and the month after that we're going to do a jazz benefit. I think it will be a rotat-

ing three-month roster. Most everybody who will be performing, regardless of the type of music, will be locals, people who want to support the café."

Northampton, Amherst, and Brattleboro have each established successful clubs that depend upon a draw from other towns. Green River represents one of the only resources for music fans in Greenfield, but its presence may have been taken for granted.

"We're pretty much the one entertainment venue," said Salz. "Area bars have bands as well, but as far as folk and poetry goes, this is the only place. In Franklin County, it's the only thing between the Mole's Eye in Brattleboro and down

to [Northampton]. It's the only deal in town. Those folks that like us and want to support us are coming once every few months, but even that's not enough. It's hard to fill a room in Greenfield with folk music, unless it's a surefire name."

Word of mouth has helped, though. The café has earned a well-deserved reputation for booking a myriad of diverse acts, from psychedelic rockers to Latin musicians to storytellers. "The venue is most definitely geared towards folk, poetry readings, there's been a good portion of jazz in there as well. That's pretty much what the room is suited for. It's a small room with a capacity of 65 to 80, the atmosphere is very cozy," said Salz, adding that there's always room for expanding horizons, as well as rising volume levels.

"The rock shows have been fun," said Salz. "We see different faces now. We see younger faces coming in, and people are

getting a little more of a sense that they can come to the café — younger folks, who would otherwise be skateboarding in the street, or older folks that are still not into the '27 and up' crowd. It's a fledgling room for the rock scene. We had Truck [from Greenfield] play, and it was a wonderful evening. There were people inside, outside, it was really a visible success. People would drive by and there were people all over the front of the place, schmoozing."

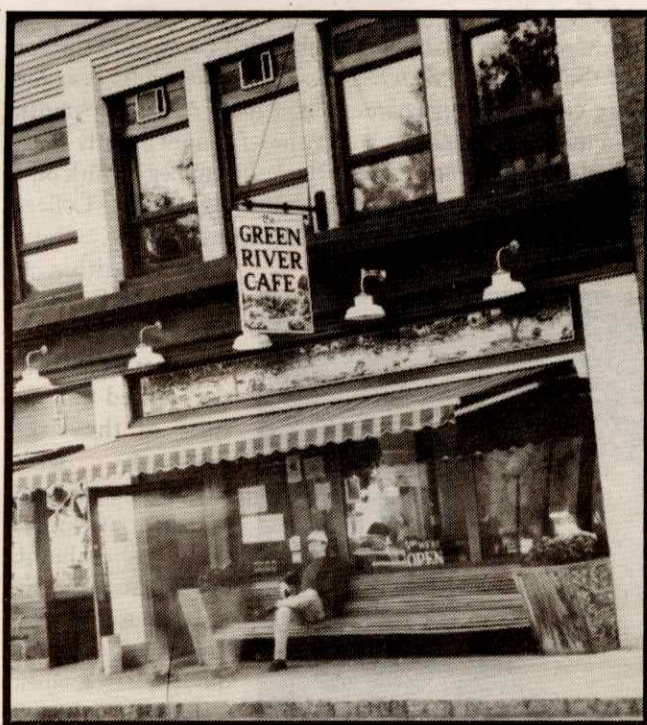
"The success of the [Greenfield area] music scene hinges entirely upon our ability to make it economically viable," said Salz. "At this point, it's questionable if that is the case. Hopefully at some point in the future, those folks that would nor-

"The success of the Greenfield music scene hinges entirely upon our ability to make it economically viable."

— Jonathan Salz, Green River Café music coordinator

mally travel down from Brattleboro or Greenfield to Northampton to catch a rock show will say, 'You know, once a weekend or once every other weekend there's a rock show down there at the Green River Café — let's check it out.'"

The benefit show, featuring Tizzy, Pirate Jenny, and Sourpuss, will be held at the Green River Café in Greenfield on Friday, November 4 at 9 p.m. Dinner will be served from 5 - 9 p.m. Call 773-3312 for further details. ★



Greenfield's Green River Café — showcasing the best in folk and poetry for over three years.

photo by George M Strider

for help."

"The café stands for a lot more than just an entertainment venue," said Salz. "It's wholefoods, it's worker owned, we're newly incorporated, we have a community meal every Sunday, 'pay what you can,' that is part of the [café's] lifeblood. It's a very community minded group of folks [at the Green River Café], very aware that they're not in a vacuum. It's a passion to keep the doors open."

In order to achieve that goal, Salz has set up a triple-bill of unique rock bands from the Amherst/Northampton area: Tizzy, who describe themselves as a "loud, fun, candy-rock trio"; Pirate Jenny, a trio that plays "alternative garage pop with a twist"; and Sourpuss, a four-piece band that specializes in "energetic, angular pop." "This is the first benefit we've done in a very long time," said Salz. "It's the start of something good. Next month we'll have a folk bene-

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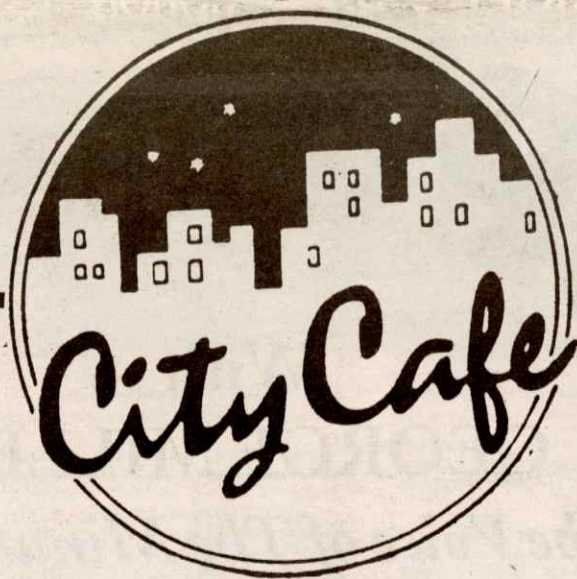


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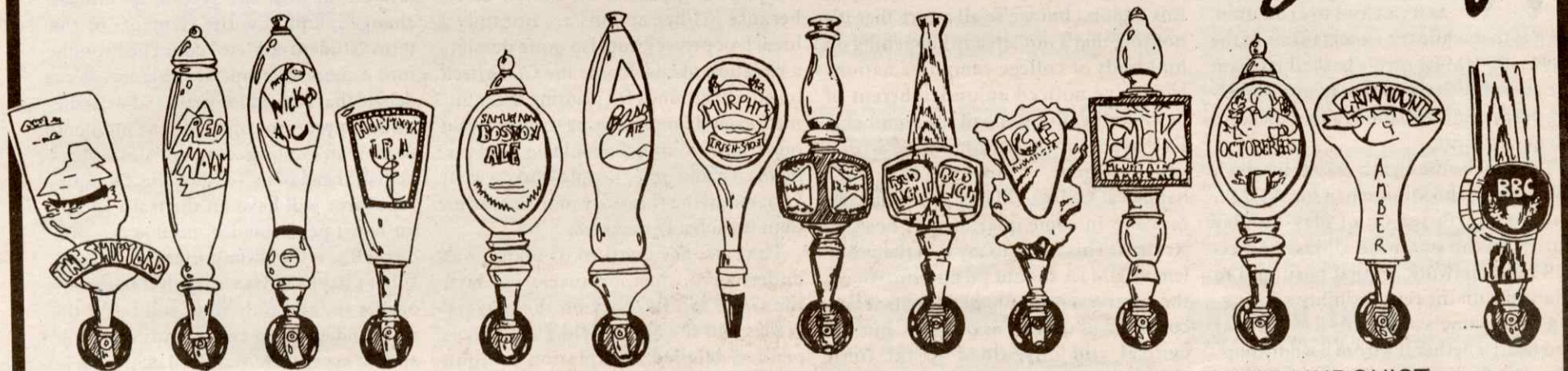


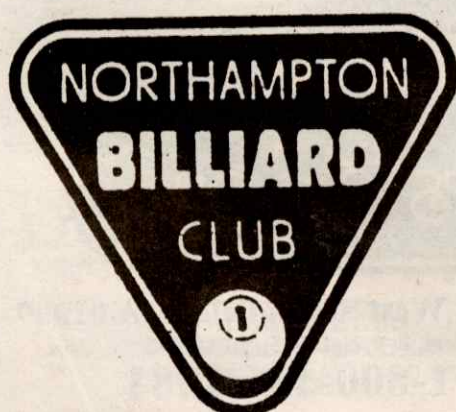
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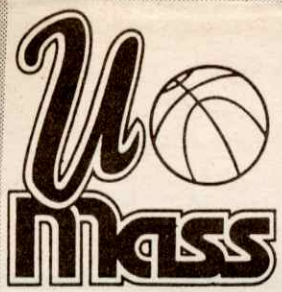
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HOOPS



With
GEORGE MILLER
The Voice of The Minutemen

We've all learned that expectation in sport can lead to exasperation just as easily as it can lead to exultation. So it is that while the expectations of the 1994-95 UMass men's basketball team are great, the exasperation many are feeling over recent revelations about the team is equally great.

This will be the eighth season in which I've covered the Minutemen for WHMP, and my fourth season of play-by-play duties on the statewide UMass basketball radio network. In that position I'm charged with the responsibility of bringing each game's action to listeners far and near, whether it's from a wildly popular (and tough-to-get-into) UMass home game, or from as far away as Anchorage, Alaska or Anaheim, California. It's a job which necessarily requires me to be close to the basketball program, though in my case the relationship is much more professional than personal.

The recent revelations about academic deficiencies within the UMass basketball program may be news to many in this region, but we're all aware that it's nothing that's not already happening on hundreds of college campuses nationwide. I've noticed an undercurrent of bewilderment in some of the comments I've heard in the community, a tone which suggests, "Things like that don't happen at UMass." Maybe that's why the reaction in some quarters has been so strident. This is not to say that the problem at UMass should be minimized; on the contrary, it should be identified and corrected as quickly as possible. But it's cynical and misguided to tar John Calipari and UMass with the same brush used on other institutions with a history of much more serious violations.

Blame the players, certainly, for not doing the work, not going to class and failing to perform academically. Blame the coaching staff and the support system, for not monitoring the players' aca-

demics and for not pushing them to do better. Blame the individual who leaked the players' grades to the *Boston Globe*, because his/her actions are not only a breach of privacy but also quite possibly a violation of law. Blame the *Globe* itself on ethical grounds for printing the information, and for presuming to tell us what our "right-to-know" should be. And yes, blame me and other people who do what I do, for giving this story more attention than it probably deserves.

That last assignment of blame was underscored when, on successive days, the *Globe* ran its story on the players' grades and the Springfield *Union-News* printed detailed information on John Calipari's earnings. It was obvious to me that those stories, taken in tandem, attempted to draw this conclusion: because Calipari gets his, making \$600,000 a year, that he doesn't give a damn about academics. Can you realistically make that conclusion? Where's the proof to back it up? I didn't see any then,

and I still don't see it.

We can easily engage in high-minded talk about how the system should be changed, and how the elements of the term "student-athlete" could be brought into a more appropriate balance. It's a debate that's raged for years and will continue for years to come. For the moment, there is an exciting season of UMass basketball ahead of us — what effect the current furor will have on the team and its on-court performance, no one can predict. Time is the all-important factor here. What's happened is wrong, but not irrevocably so, and only time will tell if the right changes and corrections are made and an acceptable standard achieved.

George Miller has been the sports director at WHMP since October of 1987 and play-by-play announcer on UMass basketball radio network since November 1991. We welcome George to the pages of The Valley Optimist. ★

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HOOPS

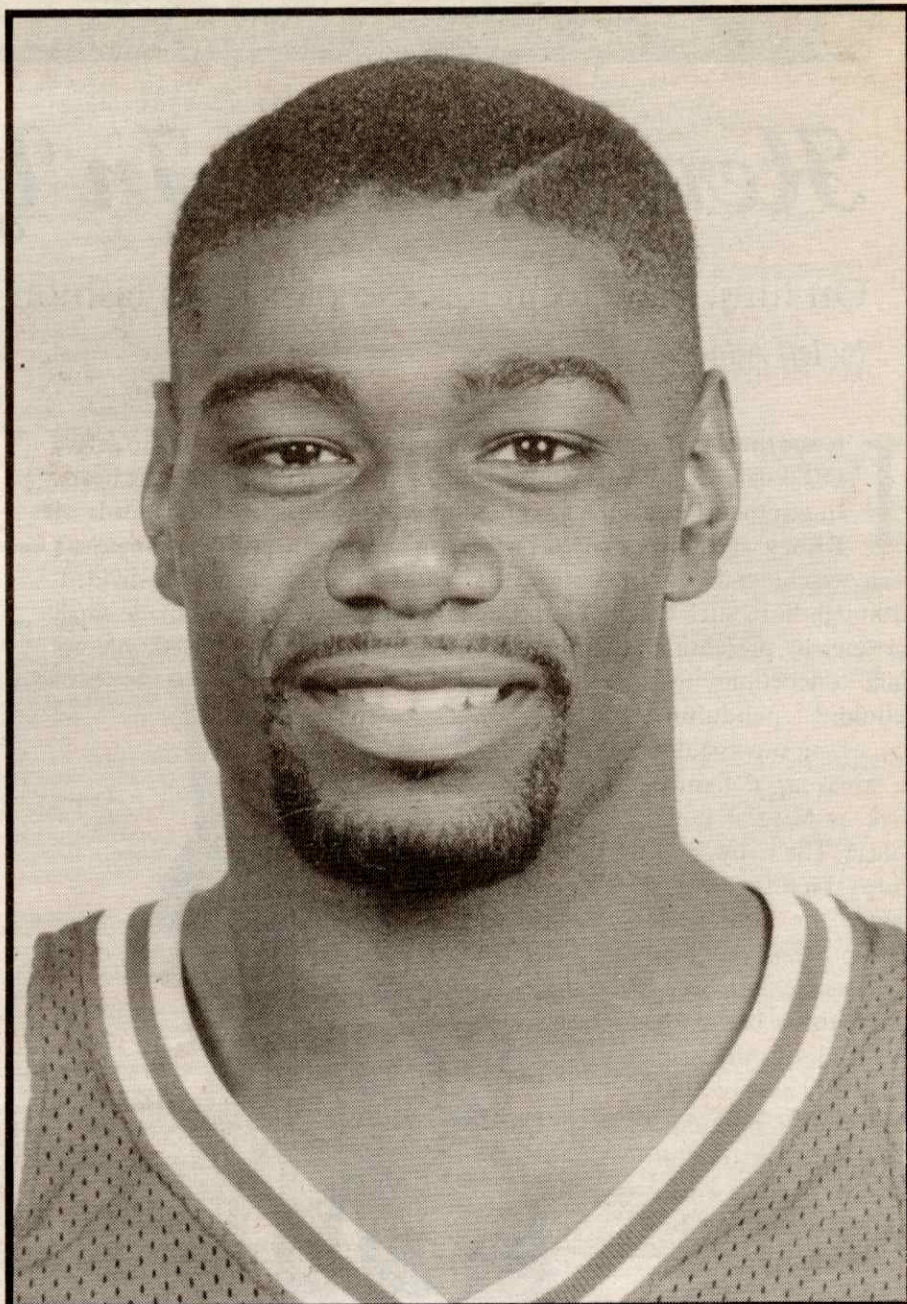
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|----------------|-------------------------------------|-----------|
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Here's Blood In Yer Eye!

On film, violence refuses to pass from fashion

by Jeff Allard

In one theater of your local multi-plex, John Travolta is trying to revive OD'd date Uma Thurman courtesy of an adrenalin shot to the heart. In another, Elton John's *Lion King* score is bursting forth a tide of Disney warmth. For anyone who hasn't been watching what America's been watching this year, America has shown itself as a nation divided. Although films such as *The Lion King* and *Forrest Gump* have made small fortunes by presenting an embracing public with smartly crafted, safe-as-milk concoctions, the celluloid pendulum has swung successfully to areas as defiantly dark as *Natural Born Killers*, *The Crow*, and *Pulp Fiction*. We'll wager the audiences for both sets of films have a very bare overlap. Is this a battle for the soul of America? No, that'll have to hold until the '96 elections. This is a question of what we think is worth being entertained by. A question of what function film fulfills as art in our increasingly candy-coated media-dome. As *Pulp Fiction* makes the rounds, sending many walking out in an indignant (or nauseous) huff, it's worth taking stock of that mysterious two-sided coin, exploitation and art.

As outcries against violence in entertainment mount, self-appointed censors (as well as the family values crowd) should take a look at what was playing ten years ago. Back then, things were downright brutal. Even in the post-E.T. year of '83, local cinemas oftentimes had not a single PG or G film playing. Families and the otherwise cinema-sensitive had to choose a weekend's viewing from the R-rated likes of *Getting It On*, Cheech and Chong's *Still Smokin'*, or *Friday the 13th Part 3* (in 3-D!!). As someone who did chart the last bit of their formative years in this ripe 'n' ready atmosphere, it's heady



and madness to make any good moral watchdog cry uncle. If the ages that produced these works had their own *Forrest Gumps* (and they must've), they haven't been able to make the test of time. Feel-good fables are often like sugar — they dissolve after the initial pleasure. They may initiate fads, become a part of the current vernacular and truly be good films, but eventually they will become cultural artifact.

Quick question: What sci-fi film from '82 has remained in the public's mind,

influenced filmmakers, and steadily increased its stature? No, not Spielberg's Christmas-cute *E.T.* Instead it's Ridley Scott's dystopian *Blade Runner*. A popular and critical disaster due to its grim, downbeat, noir vision, but now a film more appreciated than ever with no signs of fading. (When the film was recently re-released in a director's cut, Scott even excised the falsely positive coda the studio imposed to



make the film more accessible.)

Also from '82, John Carpenter's paranoid remake of *The Thing* was a film that at the time fell victim to savage reviews and anemic box office but that seems as fresh now as it did then (Quentin Tarantino remarked that his debut *Reservoir Dogs* was in part an attempt to approximate that film's edgy, trust-no-one atmosphere).

While filmmakers shouldn't avoid depicting genuine hope or strive to be grim in an easy

bid to be "artistic," films are not — and should never be — greeting cards or civic lessons. As a medium that requires no formal education to enjoy, film often has to wrongly shoulder the burden of being an "influence." What makes the ultra-violent *Pulp Fiction* such an exhilarating experience is not its gunplay or glorification of drugs but Tarantino's exceptional gifts as a filmmaker. What fans are drawn to is not uncontrollable blood fever, but the joy of seeing a film that refuses to spoon-feed them empty clichés and tired situations. The fact that it was made by someone who knew going in that he couldn't and wouldn't try to please everyone makes it even more admirable. In our age of demographics, test marketing, and advance screenings in which the voices of a crowd of mall shoppers are given more pull over the film's final cut than that of the actual director, it's important to see films that arrive with their vision intact. If the majority doesn't see eye to eye with that vision, so be it. At least it has the courage of its convictions.

In judging whether a film goes too far, content matters less than style. In that context, a truly well-made film can never be called irresponsible. A ten-minute short about a chronic nose picker could be better than a four-hour bio pic on Mother Theresa as long as the short was directed with a better grasp of its story and the language of film. Many mainstream moviegoers employ a knee-jerk response to violence, instantly shutting themselves to it (just recently, Oprah Winfrey walked out after ten minutes of *Interview with the Vampire*). On the other end of the spectrum, there's the art-house crowd that may be receptive to violence only in those instances where it carries the cachet of hipness. Violence involves confrontation and confrontation is the cornerstone of powerful art. Understandably, many viewers have no wish to be so confronted in the realm of "entertainment." Such viewers gaze upon a piece of naked aggression like *Natural Born Killers* with a mix of revulsion and anger. For others, it's a godsend.

Here's blood in your eye

While filmmakers shouldn't avoid depicting genuine hope or strive to be grim in an easy bid to be "artistic," films are not — and should never be — greeting cards or civic lessons.

to re-realize how fearlessly junky movies once were, bless 'em. Wanton sex, drug humor, graphic bloodletting. Yes, the floodgates were open. Even the posters were as sensational as the law would allow (you couldn't even hang the poster for '81's *Maniac* in a dark closet these days). Under the weight of an increasingly conservative climate in the mid-to-late '80s, almost every last rowdy impulse was squeezed from American movie houses. While this resulted in the loss of many of the more endearing exploitation trends (ever catch a cheap biker flick in '87? a *Kung Fu* movie? dimwitted teen sex comedy? Nah. More like *Who Framed Roger Rabbit*), it also stifled, for the most part, the kind of creative impulses that fueled the ground-breaking work that defined cinema in the '70s. The '80s never had a film with the kind of tremulous impact of *A Clockwork Orange*, an *Apocalypse Now*, a *Chinatown*, or a *Taxi Driver*. So, in light of this, the '90s have seen patience and prayer rewarded. While violence or "sick" subject matter aren't part and parcel of greatness, it is those few films that go on the farthest limb and don't fall that grab the glory.

Some might say that violent entertainment (or to be more accurate, violence in entertainment) is somehow dangerously irresponsible or just plain wicked in a society so increasingly violent itself. However, the history of art tells us that violence has always been a valid, vital element of good drama and storytelling. Popular works from the Grimm Brothers to Homer, Shakespeare, Kafka, and Poe shovel out enough murder, dismemberment,

New Releases

AMERICAN MUSIC CLUB — SAN FRANCISCO (REPRISE)

There's probably one guy in every seedy nightspot, one sad sack sitting alone, slumped over his drink with a faraway look in his eyes. A guy who, if an inquisitive fellow drinker

of a nervous breakdown who gives up before completely cracking up, deciding after all that it takes too much energy. His voice is pushed to the front of the mix on every song so that there's no getting around the emotional smoldering; even during the jolly, light '70s funk



went over and tapped him on the shoulder, would probably look up and slowly tell the curious patron much more than he felt comfortable knowing. Mark Eitzel, lead singer/confessionalist of American Music Club, is that kind of guy.

Though the band has been doing their desperate thing for over eight years, only recently have they really opened up their smoky eyes to courting mass appeal; 1993's *Mercury* was produced by Mitchell Froom (Crowded House and Suzanne Vega), who placed Eitzel's self-pity in intriguingly varied sonic surroundings. *San Francisco*, the band's similar-sounding follow-up (produced by the band and Joe Chiccarelli), adds even more fresh air to the American Music Club atmosphere — the boys even twist and shout a bit on numbers such as "Hello Amsterdam."

Eitzel still sings like someone on the verge

pop of "Can You Help Me?" it's impossible to ignore the lyrics: "I tried to run away but I was frozen in place/My body was made of sawdust and my heart just split/My old friend rigor mortis starts to breathe in my face/The air starts to drain out of my spirit." So much for shaking your booty.

Although *San Francisco* contains "Wish the World Away," a loud, messy rock song that roars like the soundtrack for a rush of traffic and pedestrians on city streets, most of the hour-long disc is filled with the slow, melancholy "Cape Canaveral," "In the Shadow of the Valley," and "The Thorn in My Side Is Gone." The highlight of the disc, however, is the breathtaking "I Broke My Promise," which manages to marry an achingly sad melody with a perfect pop song that would sound great coming out of a car on a sunny summer day. When Eitzel and AMC sigh "I'm

glad you went back" over and over, it's heart-breaking and gratifying at the same time.

By the time everything closes down with a ghostly cover of "California Dreamin'" (the second of two hidden bonus tracks), *San Francisco* shows where Eitzel left his heart — on the floor of the bar, down in the gutter, and on his sleeve. And no matter how hard he tries, he can't find it anywhere.

— Ken Maiuri

THE BOBS — COVER THE SONGS OF... (ROUNDER)

From *The Gong Show* to *The Tonight Show*, The Bobs have been doing their thing for over a decade. The Californian a cappella quartet have been picking up steam and a growing fan base ever since they started off their career with a jaw-droppingly weird rendition of "Psycho Killer" by the Talking Heads (which they performed on the aforementioned Chuck Barris freak telecast; yes, they were gonged). It seems fitting that their newest release finds them covering songs by Cream, Jimi Hendrix, Peggy Lee, and even the Grateful Dead. Those intrigued by the concept of four late-thirtysomethings making like wah-wah guitars and bongo drums, *Cover the Songs of...* is for you. All others, run for the hills.

The whole appeal of The Bobs is experiencing them live, watching their four goofy personalities interact, hearing their needling between-song banter, getting caught up in and won over by the sheer spectacle of four people playing air guitar and slapping themselves on their chests, singing an ersatz ver-

sion of "Helter Skelter" as though the world depended on it. Much of the shock and good-natured fun of "live Bobs" is usually lost on disc, as was the case with their previous covers collection (*The Bobs Sing the Songs of...*), which did the singing group no justice at all. Their newest release keeps a surprising amount of electricity in The Bobs' recorded act; it's definitely an improvement over past efforts, in that it allows the group do what they do without anything getting in the way (like the embarrassing addition of drums that destroyed their last disc, *Shut Up and Sing*). *Cover the Songs of...* is four voices on the loose, overturning the classics with reckless abandon and nothing to stop them.

Their over-the-top version of "Disco Inferno" is the definition of goofy, "Strawberry Fields Forever" stays as close to the original as humanly possible (even down to the backwards tape effects), and their cross of "Surfin' Bird" and Leonard Cohen's "Bird on a Wire" has to be heard to be believed. There's the usual number of dead tracks (usually when low Bob Richard Greene gets a bass solo like Randy Newman's "Lonely at the Top"), but the collection is consistently entertaining.

Entertaining only if you like this sort of thing, that is. Some people absolutely cringe at The Bobs' silly approach to performing and singing, and the new disc's cover version of They Might Be Giants' "Particle Man" will send those folks over the edge. Listen if you dare! ★

— Ken Maiuri

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1. Ray Mason Band — *Between Blue and Okay* (Bullet)
2. Zeke Fiddler — *Waterproof* (SpinArt)
3. Various Artists — *Hotel Massachusetts* (Chunk)
4. New Radiant Storm King/Silver Jews — (Split 45)
5. New Radiant Storm King/Polvo — "...and then I'm Gone 7" (Pennyfarthing)

1. Nanci Griffith — *Flyer* (Elektra)
2. John Gorka — *Out of the Valley* (High Street)
3. Tish Hinojosa — *Destiny's Gate* (Warner Brothers)
4. Bill Monroe — *The Music of...* (MCA)
5. Little Texas — *Kick a Little* (Warner Brothers)

1. They Might Be Giants — *John Henry* (Elektra)
2. Shawn Colvin — *Cover Girl* (Columbia)
3. Dave Matthews Band — *Under the Table and Dreaming* (RCA)
4. Eric Clapton — *From the Cradle* (Reprise)
5. Liz Phair — *Whip-smart* (Matador/Atlantic)

1. Ginger Baker Trio — *Going Back Home* (Atlantic)
2. Tony Bennett — *MTV Unplugged* (Columbia)
3. Billie Holliday — *First Issue* (Verve reissue)
4. Pat Metheny — *Zero Tolerance for Silence* (DGC)
5. David Sanborn — *Hearsay* (Elektra)

1. Three Tenors — *In Concert '94* (Atlantic)
2. Samuel Barber — *Violin Concerto* (D.G.G.)
3. Robert Moran — *The Dracula Diary* (Catalyst)
4. George Winston — *Forest* (Windham Hill)
5. Benedictine Monks of Santa Domingo — *Chant* (Angel)

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In The Company Of Dogs

Interview by Jonathan Ratcliff

Brothers and sisters of the televised revolution! Does anybody have a cinder block on them?"

Charlie Nakajima, lead singer/guitarist for Sons of the Corporate Dog, asks the crowd at the band's recent Pearl Street gig. The block is for drummer Pat Murphy (formerly of Dinosaur Jr. fame) whose ballistic playing style has been knocking his bass drum all over the stage.

Sons of the Corporate Dog are a very loud and hard-driving rock band. Formed just last winter, the Corporate Dog made their live debut at Northampton's Loud Music Festival this past February. In addition to Nakajima and Murphy, the band consists of bassist Josh Schumer and guitarist Eric Sholz.

After a summer of practice and studio work on a recording that is still in the making, the Sons have begun playing the local scene. Late one night, we met with the band in a Northampton alley, where they told us tales of psychic brain waves, black belts, and dark existentialism.

TVO: How would you describe Corporate Dog's music?

Pat: I think we're trying to capture a lot of the energy of the hard rock bands of the '70s — you know, Sabbath, Humble Pie — but interpret it with a modern feel, using different timings and changes.

Eric: I'd like to think that we are avoiding the typical grunge and alternative sound.

Charlie: First of all, please don't make any Dinosaur Jr. comparisons. We're nothing like them. I agree with Pat, but we also have a strong punk background — that was big when we were growing up.

TVO: How did you come up with the name Sons of the Corporate Dog?

Charlie: When I was younger, a friend and I shared a house with an older guy. He was a real freak; I think he must have been messed up on hallucinogens or something. He started getting really suspicious of us, watching us in a funny way. It kept getting worse, it was scary, actually. One day he just snapped

completely and started yelling at us, throwing a fit. He said, "I know what you're trying to do to me, you're trying to take over my mind with

ty much all our lives, since high school. With the exception of Eric, we all grew up around Amherst together, we're all about the same age,

through martial arts, now it's through music. I think music is a lot more fun, and the diet isn't as strict.

Eric: I'm from Connecticut, I've been involved with all different kinds of bands. I studied music theory at Berkeley as well, and I was involved with projects there.

Charlie: I was with the local band Gobblehoof for a while. Everyone in the Corporate Dog has toured with live acts, it's not a new thing for us.

Pat: I played with a band called Dinosaur Jr. for about eight years...

TVO: What happened with you and Dinosaur Jr.? Are you still friendly with J Mascis?

Pat: Actually, we are better friends now that we aren't in a band together. I is very bright and talented, but at the same time very demanding of the people he works with. It can get really frustrating. I knew that Dinosaur wasn't fresh anymore, and for it to be fresh again, I would have to leave. Things were okay when we were playing live, but hanging out was getting to be a real drag. Maybe even more for me than for the rest of the band. I do feel that the experience with Dinosaur Jr., especially the live stuff, was vital to my development as a musician.

TVO: What's different about playing with Sons of the Corporate Dog?

Charlie: Lyrically, in the past, all I liked was strange existentialism, stuff with dark poetic imagery. I always wanted to be a painter, and those were the images I liked to try to capture. Now it's love songs; I guess my girlfriend wants me to show my love to her.

TVO: What do you think about the local music scene?

Josh: There is definitely a glut of talent in the area, but we have to get out, and I think that a lot of the other bands around here need to as well.

Pat: Yeah, there is a tendency for bands to just stay and hang. We hope to do a tour, nationally (or bigger) with a recognized act, and get started. I'm really excited about starting fresh with this band. ★



Gone to the corporate dogs.

photo by Amber Davis

psychic brain waves! You're the sons of the corporate dog!" It stuck in my mind.

TVO: How did you get together?

Pat: Charlie came to me last winter, we had

we grew up on the same music.

TVO: What were you guys involved with before Sons of the Corporate Dog?

Josh: Well, I'm also a martial artist.

"I know what you're trying to do to me, you're trying to take over my mind with psychic brain waves! You're the sons of the corporate dog!"

always talked about getting together. We decided on making a permanent outfit — a solid project. We're putting all our effort into this.

Charlie: Pat and I have known each other pret-

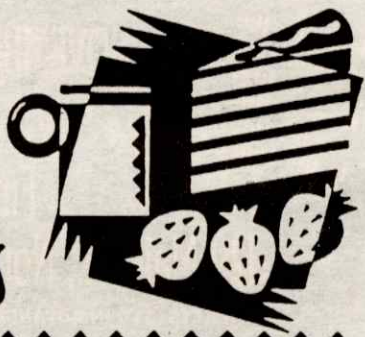
Eric: Yeah, Josh is a black belt.

Josh: Actually, I've only been playing bass for about a year and a half now. I really know how to channel my energy — it used to be

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Euro-American Trash

The Professional lands straight in the sewer

by Joni Fraser

First things first: Under no circumstances should anyone see *The Professional*, a film set to open in theaters on November 18th. And that means more than just avoiding laying down money for it at the multiplex. If you should happen to see it on the shelves of the video store, hurry to the next aisle. If you eventually come across it on TV, change the channel. If you're on a plane and it's on the screen, consider a parachute.

Sometimes the best thing that you can say about a film is that by the next day you'll have totally forgotten about it. Would that were true for *The Professional*, which seems to have been issued by a sewer, not a movie studio. Its sordidness clings to you like scum. The film, written and directed by French director Luc Besson, whose previous film *La Femme Nikita* was remade last year as *Point of No Return*, begins by introducing us to Leon (Jean Reno), the "professional" of the title, a hit man with considerable skill. Though he deals expertly in death, he's also a sensitive guy. We know this because he drinks only milk, irons his own shirts, tenderly nurtures a potted plant, and, most importantly, sits in the dark with sunglasses on. Before you can say "Shirley Temple," Leon becomes the sole protector of Mathilde (Natalie Portman), a 12-year-old waif whose family has been rubbed out — in a scene

of breathtaking violence — by DEA agent gone bad (Gary Oldman) and his henchmen. He grudgingly takes Mathilde into

thought they were going to a touching family drama.

You can just imagine writer/director

guns, when — as statistics show — 60% of kids above grade 6 know where to get a gun, and 40% know someone who has been killed or injured by gunfire. As sick as the



Kids, just say no to guns! Jean Reno (l.) stars as a hitman and Natalie Portman is his young protégé in Columbia Pictures' *The Professional*.

photo by Patrick Camboulive

his squalid pad, and they strike a deal — he teaches her how to use all manner of guns, and she teaches him how to read. From the shockingly large number of children in the audience at the preview of this R-rated movie, somehow parents must have

Besson pitching his movie — "it's like *The Bicycle Thief* meets *The Terminator*." Or perhaps he had more of a prodigy movie in mind, like *Searching for Bobby Fischer*, with firearms instead of chess pieces. As if today's kids need a lesson in how to use

From the shocking number of children at the preview of this R-rated movie, somehow parents must have thought they were going to a touching family drama.

premise of *The Professional* is, it gets worse, with the film peddling a very unsubtle pedophilia. Besson has Mathilde parading around the apartment in her underwear,

continued on page 47



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Wednesday November 2

The Klezmire Trio play the Northampton Brewery (584-9903) at 10 p.m.

Mike Casey and David DiGiuseppe play traditional Irish music (and more) at the Black Sheep Café (253-3442) in Amherst at 8 p.m. B.Y.O.B.

Reggae Party at the Hadley Pub on Rte. 9.

Country Western dancing at the North Star with DJ Sparkie from 8 - 11 p.m.

Teen Dance Night at Katina's (586-4463) in Hadley from 7 p.m. - midnight.

Gay Night dancing at Pearl Street from 9 p.m. - 1 a.m.; music provided by DJ Dennis. 21+.

Thursday November 3

Phish will jam a sold out show at UMass's Mullins Center (545-0505) at 7:30 p.m.

Bim Ska La Bim puts its ska trombone in your face at Pearl Street Nightclub (584-7771) in Northampton at 8:30 p.m. 18+.

Ani DiFranco brings her punk folk singing to Mount Holyoke College's Chapin Hall at 8 p.m. (with special guest Linee Perroncel and Fella) Call 538-2045 for ticket info.

Jonathan Richman plays the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Truck and Jane Noel rock the Bay State Cabaret (584-8513) in Northampton.

18+ dancing at Pearl Street from 9 p.m. - 1 a.m. with music provided by DJ Dennis, with "Insomnia," alternative dancing, downstairs.

Blues and 'Ques, featuring live piano music and barbecue specials, at Squires' Smoke and Game Club (268-7222) in Williamsburg from 7 p.m. - 10 p.m.

Open Mike Blues Jam at the Hadley Pub on Rte. 9.

Boyz' Nite Out at the North Star with DJ Steven and male go-go dancers from 10 p.m. - 1 a.m.

Selectrocutation at Katina's (586-4463) in Hadley.

Open Mike Night at the Mole's Eye Café (802-257-0771) in Brattleboro.

Friday November 4

Jeffrey Gaines plays with special guest Paula Cole at Pearl Street Nightclub (584-7771) in Northampton at 8:30 p.m. 21+.

Helium, Polvo, and Meristem rock the Bluewall Café at UMass. Contact UPC at 545-2892 for more information.

David Mallet performs at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.; the Joe Keenan Band plays at 10 p.m.

The Scud Mountain Boys, Steve Westfield & The Slow Band, Ray Mason (solo show) play the Bay State Cabaret (584-8513) in Northampton.

The Chet Keefe Band plays as part of the Friday Blues in November at the Hotel Northampton (584-3100) from 7:30 p.m. - 11:30 p.m.

Retro Night at Pearl Street 9 p.m. - 1 a.m. 21+.

Laser Disc Dance Party at Katina's (586-4463) in Hadley. Karaoke Night (check it out!) at the WWII club (586-3314) in Northampton.

18+ Dance Party with DJ Betsey at the North Star 10 p.m. - 1 a.m.

Saturday November 5

James Cotton plays with Wildcat O'Halloran at Pearl Street Nightclub (584-7771) in Northampton at 8:30 p.m. 21+.

Salamander Crossing brings bluegrass to the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.; Mecca Bodega plays at 10 p.m.

The Big Bad Bollocks play their Irish pub rock at the Bay State Cabaret (584-8513) in Northampton.

David Brinnel plays as part of the Saturday Jazz at the Hotel Northampton (584-3100) from 8:00 p.m. - 12:00 p.m.

Yacatowana performs at the Green River Café in Greenfield (773-3312).

Top 40 Club Music with DJ Lance at Pearl Street. 9 p.m. - 1 a.m. 21+.

21+ Dance Party with DJ Steven at the North Star. 10 p.m. - 1 a.m.
Selectrocutation at Katina's (586-4463) in Hadley.
Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.

Sunday November 6

Falafel Boy and the Frank Spencer Quartet play the Bay State Cabaret (584-8513) in Northampton.

Scott Ligon and local rockers Soup play the Northampton Brewery (584-9903) at 10 p.m.

The Shelton Laster Jazz Trio plays at the Green River Café in Greenfield (773-3312).

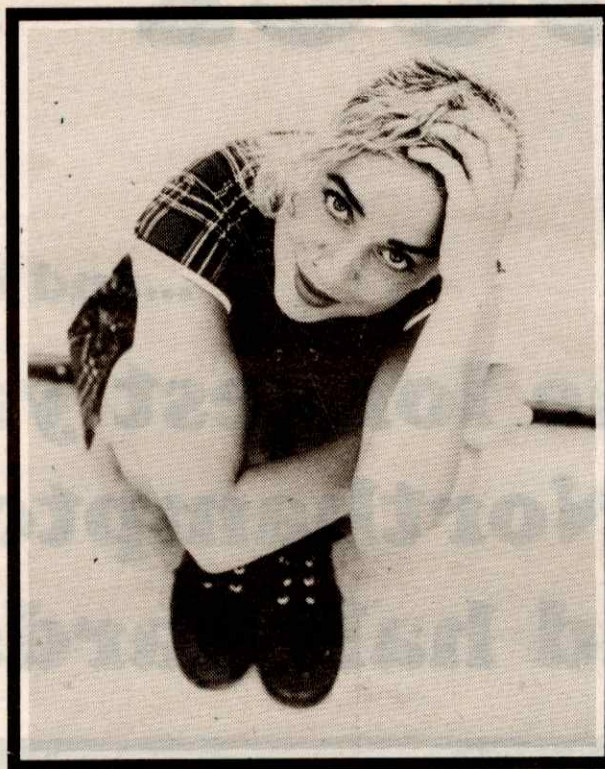
Bill Morrissey brings his New England blues to the Amherst College Frontroom (542-5773) at 8 p.m., with special guest Hugh Blumenfeld.

Internet Quartets, a folk showcase featuring Bob Halligan, Tom Kimmel, Michael Lille, and Tom Prasada-Rao is at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Retro Dance Nite at the North Star with DJ Betsey and female go-go dancers. 9:45 p.m. - 1 a.m.

Ani DiFranco brings her stereotype-shattering punk-folk music to Chapin Hall on

the Mount Holyoke College campus on Thursday, November 3 at 8 p.m. The highly artistic DiFranco creates a unique modern folk music style that has been receiving rave reviews in both its recorded and live forms. Linee Perroncel & Fella open the show. Call 586-8686 for ticket information.



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Nov 13

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Hadley Music

Monday November 7
Gay Night at Katina's (586-4463) in Hadley.
Blue Monday at the Bay State Cabaret with
Ed Vadas & the Fabulous Heavyweights.
No cover! 21+.

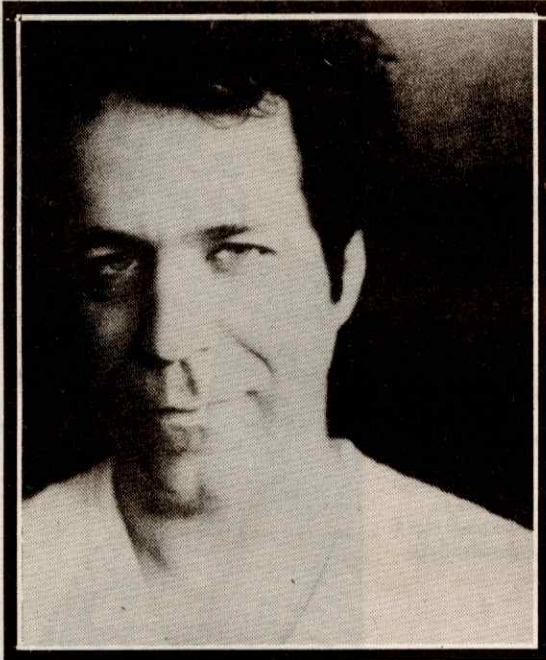
Tuesday November 8
The Samples bring their Colorado feel-good
rock to the John M. Greene Hall at Smith
College in Northampton. 8 p.m. Call the
Northampton Box Office (586-8686) for
ticket information.
Eric Weld plays as part of the Saturday Jazz
at the Hotel Northampton (584-3100) from
8 - 12 p.m.
"Teen Night" Under 21 dancing at Pearl
Street (584-7771) in Northampton.
Open Mike Night at the Northampton
Brewery, with host Tom Shea.
Open Mike Night at the Green River Café
(773-3312) in Greenfield at 8 p.m.
Open Mike Night at the Hadley Pub on Rte.
9.

Wednesday November 9
Quetzal plays their exotic rhythms at the
Northampton Brewery (584-9903) at 10
p.m.
Reggae Party at the Hadley Pub on Rte. 9.
Gay Night dancing at Pearl Street from 9
p.m. - 1 a.m., music provided by DJ
Dennis. 21+.
Open Music Night at the Black Sheep Café
(253-3442) in Amherst at 7 p.m.
Teen Dance Night at Katina's (586-4463) in
Hadley from 7 p.m. - midnight.
Swing dancing at the North Star with DJ from
8 - 11 p.m.

Thursday November 10
Architectural Metaphor and Jaya the Cat play
the Bay State Cabaret (584-8513) in
Northampton.
Blues and 'Ques, featuring live piano music
and barbecue specials, at Squires' Smoke
and Game Club (268-7222) in
Williamsburg from 7 p.m. - 10 p.m.
Open Mike Blues Jam at the Hadley Pub on Rte. 9.
Boyz' Nite Out at the North Star with DJ Steven and male go-
go dancers from 10 p.m. - 1 a.m.
Selectrocutia at Katina's (586-4463) in Hadley.
Open Mike Night at the Mole's Eye Café (802-257-0771) in
Brattleboro.

Friday November 11
Heavy Metal Horns funk it up Boston-style at Pearl Street
Nightclub (584-7771) in Northampton at 8:30 p.m.
Livingston Taylor brings his renowned folk to the Iron Horse
Music Hall (584-0610) in Northampton at 7 p.m.; Thanks to
Gravity plays at 10 p.m.
New Radiant Storm King and the Dirt Merchants rock the
Bay State Cabaret (584-8513) in Northampton.
The Mark Nomad Trio plays as part of the Friday Blues in
November at the Hotel Northampton (584-3100) from 7:30
p.m. - 11:30 p.m.
Karaoke Night (check it out!) at the WWII club (586-3314) in
Northampton.
Retro Night at Pearl Street 9 p.m. - 1 a.m. 21+.
Laser Disc Dance Party at Katina's (586-4463) in Hadley.
18+ Dance Party with DJ Betsey at the North Star. 10 p.m. -
1 a.m.

Saturday November 12
Joel Zoss and Special Forces tote an infectious mix of blues,
R&B, reggae and country to at the Montague Book Mill
(367-9206) in Montague at 8 p.m.
Physical Graffiti do their Led Zep cover at Pearl Street
Nightclub (584-7771) in Northampton at 8:30 p.m. 18+



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an aid package. Show your support and have a night
of great music! The concert takes place at the First
Church in Northampton on Thursday, November 3 at
7:30 p.m.

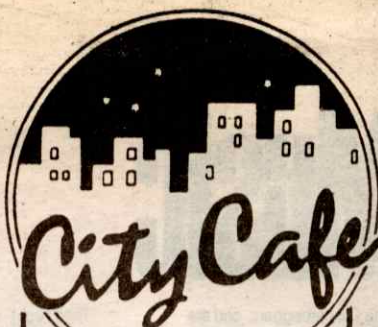


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continued on page 20



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Thurs. Nov. 10

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Friday Nov. 11

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SAT 5 • SALAMANDER CROSSING
7PM Stewart Lewis (of Acoustic Junction) opens
Folk-Bluegrass-Country

SAT 5 • MECCA BODEGA 10PM
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FRI 11 • THANKS TO GRAVITY 10PM ROCK

WED 16 • LUKA BLOOM 7PM

SAT 19 • LESBIAN COMEDY 10PM

MON 21 • CHRIS WHITLEY 7PM \$6 ADV!

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Martin Carthy & Dave Swarbrick perform at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.; Bud Collins plays at 10 p.m.
The Art Steele Blues band plays at Brunelles Marina (536-3132) in South Hadley from 8-12 p.m.
Justina and Joyce perform at the Green River Café in Greenfield (773-3312).

The Lonesome Brothers, the Carpetbaggers, and the Bamboo Steamers play the Bay State Cabaret (584-8513) in Northampton.

Dave Brinnel plays as part of the Saturday Jazz at the Hotel Northampton (584-3100) from 8-12 p.m.
Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.
Selectrocutation at Katina's (586-4463) in Hadley.

Top 40 dancing with DJ Lance at Pearl Street (584-7771) in Northampton.
21+ Dance Party with DJ Steven at the North Star. 10 p.m. - 1 a.m.

Sunday November 13

The Proclaimers and locals the Big Bad Bollocks perform at Pearl Street Nightclub (584-7771) in Northampton at 8 p.m.

The Maggies and Swampgirl rock the Northampton Brewery (584-9903) at 10 p.m.

The Internet Quartets, a folk showcase at the Iron Horse Music Hall (584-0610) in Northampton features the Electric Bonsai Band, Cosy Sheridan, Greg Trooperk and Diane Zeigler beginning at 7 p.m.

Susan Werner brings her up-and-coming folk to the Amherst College Frontroom (542-5773) at 8 p.m.

Bill Staines plays at the Green River Café in Greenfield (773-3312).

Retro Dance Nite at the North Star with DJ Betsey and female go-go dancers. 9:45 p.m. - 1 a.m.

Monday November 14

Steel Pulse brings its roots rock reggae to Pearl Street Nightclub (584-7771) in Northampton at 8 p.m. 21+.

Blue Monday at the Bay State Cabaret with Ed Vadas & the Fabulous Heavyweights. No cover! 21+.

Gay Night at Katina's (586-4463) in Hadley.

Tuesday November 15

G. Love and Special Sauce brings their unique sound to the Pearl Street Nightclub (584-7771) in Northampton.

"Teen Night" Under 21 dancing at Pearl Street (584-7771) in Northampton.
Open Mike Night at the Northampton Brewery with host Amy Fairchild.
Open Mike Night at the Hadley Pub on Rte. 9.

Wednesday November 16

James Taylor, folk legend, plays the Mullins Center (545-0505) at UMass at 7:30 p.m.

Maple Ridge plays their bluegrass at the Northampton Brewery (584-9903) at 10 p.m.

Luka Bloom performs at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

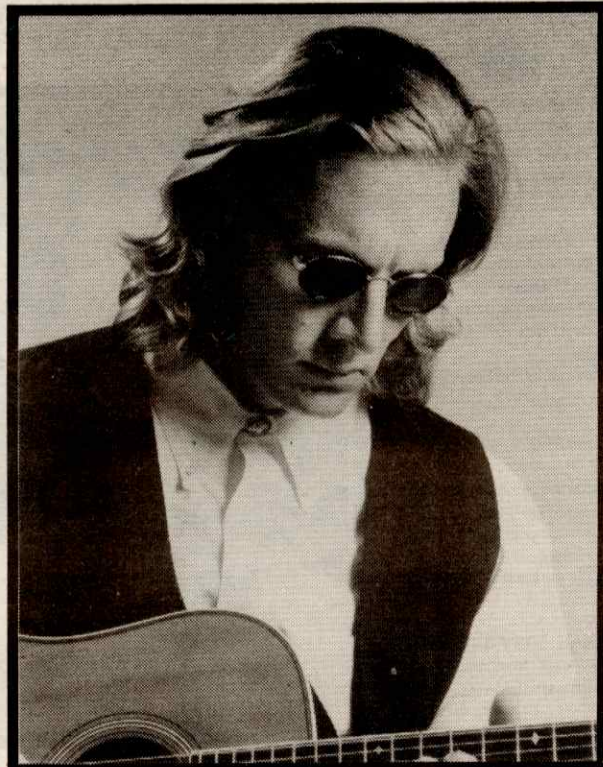
Patty Larkin, singer/songwriter and Valley favorite, plays the Amherst College Frontroom (542-5773).

Reggae Party at the Hadley Pub on Rte. 9.

Country Western dancing at the North Star with DJ Sparkie from 8-11 p.m.

Teen Dance Night at Katina's (586-4463) in Hadley from 7 p.m. - midnight.

Gay Night dancing at Pearl Street from 9 p.m. - 1 a.m., music provided by DJ Dennis.



Folksinger Michael Lille, known nationwide for his soulfully introspective folk music style, plays as part of the Internet Quartets Folk Showcase at the Iron Horse Music Hall in Northampton. Internet Quartets is a folk music round robin bringing 24 folk artists to 11 cities in the east this fall. The program was formed, (as the name suggests) by networking over the Internet. Lille plays with Bob Halligan, Tom Kimmel, and Tom Prasada-Rao on Sunday, November 6.

Conductor Raymond Harvey, whose work has garnered critical praise and national attention, joins The Springfield Symphony Orchestra for a presentation of Giacomo Puccini's tragic opera love story, *La Bohème*, on Saturday, November 12 at 8:00 p.m. The performance also features opera virtuoso Jon Garrison, who is acclaimed among several operatic and concert ensembles nationwide. For those not up on their Latin, a translation of the opera will be flashed in subtitles on stage. Call 733-2291 for ticket information.

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COMMUNITY CALENDAR

GLB EVENTS/INFO

Deborah Carlin, professor of American Literature at UMass, will discuss "What Are We Affirming in Gay Affirmative Therapy?" as part of the Lesbian, Gay and Bisexual Studies Brown Bag Series on November 3 from noon - 1:30 p.m., UMass Campus Center Room 917. Further information: 545-4824.

The Lesbian, Gay and Bisexual Studies Lecture Series continues on November 9 with Nancy Whittier, professor of Sociology at Smith College. She will discuss "From Womyn to Grrls - Generations and Changing Relationship of Lesbianism and Feminism" in the UMass Campus Center Room 917 from noon - 1:30 p.m. Call 545-4824 for more information.

Abe Rybeck, founder of the Theatre Offensive, will be performing **This is Not a Test**, a solo burlesque show that challenges people to find creative ways to address the AIDS crisis. UMass Hampden Theatre, 8 p.m., November 12. For more information, call 545-4824.

Michele Murrain, professor of Natural Sciences at Hampshire College, will discuss "The Political Economy of AIDS - Women, Race and Class," November 16 from noon - 1:30 p.m., UMass Campus Center Room 804, as part of the Lesbian, Gay and Bisexual Studies Lecture Series.

The Lesbian Empowerment Project of Valley Women's Martial Arts, sponsors an event, "In Celebration of our Lesbian Lives!" on November 16 from 6:30 - 9 p.m. at the Northampton Unitarian Society. Contact Janet at (413) 527-0101 for further information.

To give or receive information about gay, lesbian, or bisexual events, resources, counseling, 5-college groups, announcements, and more, call **LAMDA**, the UMass Program for GLB Concerns' 24-hour information line, at 54-LAMDA (545-2632).

The UMass Program for Gay, Lesbian and Bisexual Concerns seeks UMass graduate students, and undergrads with work study, for positions in the program. For more information call 545-4824.

Blatant, a monthly newsletter of events at UMass and the larger gay community, is free to any Five College address; other subscriptions are \$4 - \$7 sliding scale. Call 545-4824 for more information.

The Pioneer Valley Gay Men's Chorus is open to new members and is preparing for an exciting 1994 - 95 season. For additional information contact PVGMC at 586-1775.

LEAH (Lesbian Education and Health, 586-2016) offers free comprehensive physical exams, mammograms, and education of breast health to lesbians over 40 with no insurance and to younger lesbians with a family history of breast cancer.

Discussion/Support Group for gay and bisexual men Fridays from 7:30 - 9 p.m. in Room 311, 16 Center Street in Northampton. Call 585-5819.

Lesbian Adult Children of Alcoholics therapy group meets on Tuesday evenings in Amherst. Call LifeCourse Counseling Center at 253-2822.

Lesbian and Bisexual Women's Therapy Group meets on Thursday evenings in Amherst. Call LifeCourse Counseling Center at 253-2822.

For information about a **Gay and Bisexual Men's Therapy Group** call LifeCourse Counseling Center at 253-2822.

Exploring Your Sexual Orientation is an ongoing group for anyone wanting to explore this issue in a safe, non-judgmental environment. Meets Tuesday evenings. Call LifeCourse Counseling Center at 253-2822 for more information.

Gay Teens: Pioneer Valley Gay, Lesbian, and Bisexual Youth Project welcomes new members. Teen support group (under

Deadline for calendar submissions is the Tuesday before publication. Please direct all material to **Calendar Editor, Optimist Publications, 13 Old South St., Northampton, MA 01060.**

21) and mentor program. Northampton-based. Call 24 hours 584-4213.

Out Now Teen Group of Springfield, a support, educational, and recreational group for gay, lesbian, and bisexual teens or those questioning. Meets Fridays from 3:30 - 5 p.m. in Springfield. Call LifeCourse Counseling Center (253-2822).

DANCING

A **Men's Morris dance class** will be held the first three Thursdays in November at the Amherst College gymnasium dance studio from 7 - 8:30 p.m. Classes in these traditional English ritual dances as performed by the Valley's Marlboro Morris Men are free and will be taught by Aaron Hayden. For information, call Aaron at (413) 253-8260.

The first Saturday **English Country Dance** will feature guest caller Ira Laby. This lively social dance takes place on November 5 from 8 p.m. - 11 p.m. at Munson Library in South Amherst. Live music by Van Kaynor, violin, Lila Feingold, mandolin, and Faith Kaufmann, keyboard. Call (413) 772-1908 or (413) 665-2111.

Instructor Jacqueline Maidana offers **Argentine Tango** on November 5 at the Northampton Center for the Arts. A

A class in **Contact Improvisation**, in which dancers with disabilities and able-bodied dancers explore creativity with touch and movement, is being offered through Amherst Leisure Services. Call (413) 256-4065 to register.

The Barn Studio in Amherst announces its fall schedule of classes for adults and children alike. Offerings range from yoga to modern dance to Y.E.S. (Youth Empowerment & Safety Program) and much more. Call Director Mindi Sahner at 253-3008 for information.

Scandinavian Dance every first and third Thursday at 8 p.m. at the East Street Studio in Hadley. Call 586-4385 or 536-8760 for further information.

Improvisational Dance every Wednesday evening from 8:15 - 10:30 p.m. at East Street Studio. All levels are welcome. For further information call 256-8627 or 624-3709.

Beginning and Intermediate

Comedy with a Conscience

Sleeveless Theatre is returning by popular demand to The Black Sheep Café in Amherst for two Comedy Improv performances on Friday, November 11 at 8 and 9:45 p.m. Sleeveless Theatre has been performing their unique brand of comedy for enthusiastic audiences from New York to San Francisco since 1989. The political comedy troupe's pieces have included *The F Word: A Fresh and Funny Look at Feminism* and *Womb For Rent: A Pro-Choice Comedy*. For more information call 584-6211.

— Melinda Webber



tango lesson will be given from 5 - 7:30 p.m. followed by a tango dance. For more information, call Jacqueline Maidana at (413) 584-7099.

DansKinetics, a combination of **yoga, aerobics and meditation**, every Monday evening from 6 - 7:15 p.m. at East Street Studio and Thursdays from 7 - 8:15 p.m. in Greenfield. Call (413) 774-3281 for more information.

Yoga Classes at various times and locations. For more information call 586-3259.

Jazzercise has classes at various times in Deerfield, Greenfield, and Sunderland for all levels of fitness. Child care is now available for the Sunderland morning classes. Call (413) 665-7130 for more information.

Amherst International Folkdancing at the Bangs

Community Center in Amherst from 8 - 10 p.m. every Friday night. Call Eva and Gene at 549-6748 or Cindy and Dennis at 256-0188.

Come **learn the Two Step** with "Doc" Haggerty, along with other line and freestyle dances, at the Northeast American School of Dance in Northampton every Tuesday and Thursday from 7:30 - 9:30 p.m. Call 584-8521 for more information.

ISSUES/SPECIAL INTERESTS

Ongoing Menopause Support Group for all women anticipating, experiencing, adjusting to, or just thinking about menopause. It meets every first and third Wednesday from 6:30 p.m. - 8 p.m. in Amherst. Call 253-5494 for registration information.

The Mercy Hospital Alumnae are accepting applications for a scholarship, available to the hospital's School of Nursing. Candidates may call Agnes Kelly (789-0272) or Rose O'Brien (732-2786), for more information and an application.

The Counselor/Advocate Program of the Everywoman's Center at UMass is sponsoring on-campus **support groups for adult survivors of rape or childhood sexual abuse**. Call 545-0800 for more information.

The Counselor/Advocate Program of the Everywoman's Center at UMass offers regularly-scheduled **bilingual (English/Spanish) counseling for victims of sexual assault and battering**. The 24-hour crisis hotline number is staffed by Spanish-speaking counselors Monday - Friday from 8 a.m. - 12:30 p.m. The hotline phone number is 545-0800.

Women At Large is a positive and empowering support group for large women only. Meets Wednesday evenings from 7 - 8:30 p.m. For location or more information call 774-3221.

The Massachusetts **Alliance to Limit and Eliminate Radioactive Trash** holds meetings at the Black Sheep Deli in Amherst every Thursday at 10:30 a.m. Call 585-9339.

Statewide HIV Antibodies Counseling & Testing Hotline (800-750-2016) answers the questions of Massachusetts residents with questions about the HIV antibodies test. The hotline takes calls in both English and Spanish, and has TTY services for the hearing-impaired.

HIV Law Consortium Offers Free Legal Advice and Services to income-eligible people who are living with HIV/AIDS. Bilingual advocates (Spanish/English) are available. Call 734-1843 for more information.

The Boston Museum of Fine Arts offers a variety of special-needs programs for visitors. **For visitors with disabilities**, free FM assistive listening devices are available in Remis Auditorium. **For visually impaired visitors**, "A Feeling for Form" tours include selected museum objects that can be touched. All of these programs are available by reservation at least two weeks in advance by calling (617) 267-9300, ext. 302 or TTY-TDD 267-9703.

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COMMUNITY CALENDAR

The U.S. Channel of Commerce for Higher Education offers information on two topics: scholarships and how your elementary child can excel by earning a college degree. To obtain information send a self-addressed stamped legal sized envelope to: P.O. Box 127, Rule, TX 79547, and indicate SCHOLARSHIP or EXCEL.

OPPORTUNITIES

Historic Deerfield's new education program. "Eighteenth Century Deerfield: The Life of English Settlers on the New England Frontier (1700 - 1750)," provides students with an opportunity to experience many aspects of eighteenth century life through active learning. Contact the Coordinator of School Tours at (413) 774-5581.

The Northampton Community Music Center announces the formation of an all-city chorale. All students aged 8 - 12 are welcome to join and sing all kinds of music! Rehearsals will take place on Saturday mornings, beginning November 5th - January 28th from 10 - 11:30 a.m. at the Center. To enroll, call 585-0001.

Manjushri Center sponsors **Tibet in Exile: The secular and the sacred** slide presentation and craft sale in Amherst on November 6 at the Center, 4 - 6 p.m. For information call Glenroy Buchanan at the Center (413) 253-3051.

The Dartmouth-Hitchcock Medical Center, in partnership with the Cooley Dickinson Hospital, opens its doors for a one-day visit, "Pioneer Valley Day" on November 9. The event includes several presentations, a buffet luncheon and an escorted tour. To become a guest, call CDH at (413) 582-2209 or (413) 582-2212.

The Amherst Astronomy Association conducts **free public observatory observing**, 9 p.m. every clear Saturday in November, at the Amherst College Wilder Observatory as well as free public **solar observing**, 1 p.m. every clear Sunday on the Amherst Town Common. **Planetarium shows** are also held at 3 p.m. every Sunday at the Amherst College Bassett Planetarium. Call Tom Whitney for information at 256-6234.

The Northfield Mountain Recreation and Environmental Center presents a **two-hour program making recycled holiday cards and wrapping paper** on November 19 beginning at 10 a.m. and 1:00 p.m. Preregistration is required by calling (413) 659-3715, Wednesday through Sunday.

The Western Massachusetts chapter of **DIFFA, the Design Industries Foundation Fighting AIDS**, presents the sixth annual "Art for Life" November 19 from 7:30 - 11 p.m. at the Springfield Sheraton. Art for Life is a major fundraiser which grants funds to area non-profit organizations that provide direct services for people with HIV/AIDS. For more information, call (413) 533-2426.

The Northampton Area Community Land Trust (NACLTL) is looking for volunteers who want to help renovate and paint a 4-family house on October 29. Future work days have been

scheduled for November 5 and 12. Contact Sarena Neyman at 586-5855 for further information.

Become a star on Amherst Community Television through underwriting support of Amherst town meetings, Select Board meetings, special events and the bulletin board. For more information, call 256-1010 or write to Amherst Community Television, ATTN: Underwriting Coordinator, 246 College Street, Amherst, MA, 01002.

The Fall Planetarium Schedule at the Springfield Science Museum will take effect with "Sky Show" at 1 p.m. and "Magic Sky" at 2 p.m. on Saturday and Sunday. Call (413) 733-1194 for more information.

Oktoberfest in New Salem. Three New Salem businesses (the New Salem Restaurant, Yankee Strudel, and The Tavern) will bring a taste of Germany's national festivities to the North Quabbin. For more information, call (508) 544-6618 or (413) 259-1874.

The Stonehedge Inn of Tyngsboro, Mass., presents a taste of Bordeaux as part of a **monthly wine dinner series** highlighting Grigich Hill Cellars, Joseph Phelps, and Burgundy wines on October 24, November 21 and December 19. For reservations, call (508) 649-4400.

Author Janet Ruhl presents an all-day seminar, "Getting Started in Consulting," on November 5 in Amherst for people interested in learning how to market their technical skills. Call (413) 548-9948.

Springfield Library and Museums Association plans a **cultural tour of the Lone Star State** from November 5 - 13. Call (413) 736-8956 for additional information.

A three-day forum: "How Did They Make That?: **Applied Craftsmanship for Early American Households**," at Historic Deerfield November 11 - 13. For reservations, call (413) 774-5581.

The Tobacco Free Hampshire County Coalition is offering **10 - 15 mini-grant funds** for tobacco prevention and cessation programs. For details contact Pamela Schwartz, Coalition Coordinator, at 586-3786.

Learn the **Feldenkrais Method**, a unique form of movement education, through classes or private lessons with certified teacher **Anne Perkins**. Call (508) 544-6385 or (413) 586-1085 to schedule an appointment.

The Jones Library English as a Second Language Center (256-4090) needs volunteers to teach English and basic skills to adult immigrants. No experience necessary.

The National Academic Funding Administration has **college scholarships available**. For information, send a self-addressed, double stamped envelope plus \$2 to cover handling to the National Academic Funding Administration, 26 Coe Drive, Suite 1300, Durham, NH, 03824.

The Northampton Community Music Center offers a new program for adults: The **Adult Chamber Music Network**. Instrumentalists with any amount of experience will be placed in an appropriate ensemble. Call the Northampton Community Music Center at 585-0001.

The Homework Club needs volunteers for an after-school program designed to help children from non-English-speaking families do their homework. The club meets at two separate locations in Amherst and Northampton four days a week, Monday - Thursday, from 4:30 - 6:00 p.m. Contact Scott, Heap, or Seng at the Cambodian American Association at 253-0696.

The Holyoke Tutor/Mental Program, sponsored by the

1995. **The Hampshire Choral Society** invites new and old members to attend weekly rehearsals every Tuesday evening from 7:30 - 9:30 p.m. at First Churches in Northampton. For further information call 584-6604.

The Amherst History Museum seeks speakers, crafters, and volunteers for upcoming events: a series of noontime lectures on the history and the arts of Amherst and its region, and a series of craft workshops that will be part hands-on and part history. Contact Mrs. LeLacheur with ideas or your interest at 256-0678.

North Adams State College is sponsoring trips abroad as part of its Spring Travel Study program for educators and the general public. Destinations include Belgium, China, Greece, Israel and Australia. For information call the Office of Lifelong Learning at 664-4511 ext. 543, as soon as possible.

Work for women's rights by volunteering for the Greater Boston Chapter of the **National Organization for Women**. To get involved call (617) 782-1056.

The Beer Drinkers Union, formed by beer anthropologist, historian, and author Alan Eames, welcomes new members. To participate, send a card with your name, address, and "pet peeve on the beer business" to Beer Drinkers Union USA, 75 Pine Street, Brattleboro, VT, 05301.

The International Language Institute seeks families in the Northampton area to host international students who are studying English at the school. The students, from varying backgrounds, are ages 18 - 20 and stay from 4 - 12 weeks. A stipend is provided. Call 586-7569.

The International Language Institute offers free English as a Second Language classes to residents of Franklin and Hampshire Counties. For more information, or to schedule an appointment, please call 586-7569.

International Language Institute is looking for volunteer tutors for its English as a Second Language program. Training is provided and a six-month commitment is required. For more information call 586-7569.

The Homesharing programs in Hampshire and Franklin Counties seek householders who would like to share their homes with others by exchanging rent for services. Arrangements can be made for elder care, child care, or household chores or repairs. Call the Homesharing Office at the University of Massachusetts at 545-4466 or the Franklin County Home Care Corporation at 773-5555.

"Stepping Stones to a Jewish Family" is an educational and experiential year-long program designed to help present an overview of Jewish Programs available in the area. For more information call Gail Glickman White at 586-4967 or 584-3593.

Can you spend a few hours a week sharing the joys of autumn with a lonely child? **The Companion Program**, a United Way Agency, has a waiting list of children who need the friendship and positive role model that an adult companion can provide. Please call the Resource Center at 253-2591.

Resident ensemble theater company forming for an ongoing serial produced by The Black Sheep Café in Amherst. Looking for people with experience in singing, dancing, improvisation, character development, and/or accents. Call Dian for audition information (256-3417).

Volunteer for the Resource/Referral Program at Everywoman's Center at UMass. Volunteers are needed to clip news articles from specific publications related to women's issues and multicultural concerns. Call 545-0883.

The Berkshire Public Theater is looking for theater critics to be published in newspaper ads, posters, and/or other related promotional materials. The Press Card

Cultural Musicians

South America is newly discovered by Peru Andes, a five-member group from Cambridge, Mass. Their sound is a unique blend of indigenous cultures not previously heard in the Valley.

One of the founders of the band, Alfredo Velasquez, elaborates, "In Andean music, the Spanish melodic themes were given African rhythms and were played on instruments designed by the Incas." They perform their cultural-ly eclectic mix at the Augusta Savage Gallery, which is located in New Africa House at the University of Massachusetts, on November 14 at 7 p.m.

— William Buckley



Greater Holyoke Chamber of Commerce, is recruiting volunteers interested in helping adult learners improve their English skills. Contact Mr. Smith at 534-3376.

The NYNEX Science and Technology Awards will offer the largest package of scholarships, grants and awards up to \$750,000 for any student science competition in the country. Teachers needing information can call (800) 9X-TEAMS. The deadline for entry is February 6,

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CONTRIBUTING ARTISTS:

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Jeanne Birdsall
Marci Gintis
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Ellen M. Augarten
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Dean Stein
Susan Sheridan
Johnathan Levin
Susan Boss
Simone Alter Muri
Mark Shapiro/Stonepool Pottery
Mark Brown
Michael Gallant
Pinch Pottery
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COMMUNITY CALENDAR

Membership costs \$25 and gives admission to shows at a discounted price. Call 445-4634.

Volunteer evenings or on special projects with staff and guests of Northampton's shelter for homeless adults. For more information call Priscilla Drucker at 586-6001 or 584-7329.

Plowshares Families on Board is looking for volunteers to build homes. For more information call Chris Doughty (773-3554) or Robert Hurwitz (773-7584).

Self Help Housing Program: 20 families working in two groups for two years will construct their own homes so that their final monthly costs will be less than \$400. The Valley CDC is accepting applications to start construction in the fall. Contact Karen Andrade, the Self Help Housing Group Coordinator of the Valley CDC, at 586-5855.

Volunteers needed to spend time with a child in your community. Call the **Companion Program**, 253-2591.

POETRY/PROSE

Open poetry readings at the Black Sheep Café in Amherst take place on the 4th Wednesday of every month. Call Ted Melnechuk for details at 256-4650. Amherst Writers and Artists certified workshop leader

Patricia Lewis Sackrey offers Saturday writing retreats at her mountain home in Westhampton. For further information, call Patricia at (413) 527-5819.

The 1994 - 95 Live Literature Series continues with a reading on November 4 at 7:30 p.m. at Wootton's Books, Amherst. Tamara Grogan will be reading from her fiction and Robyn Heisey-Clark from her poetry.

The Globe Bookshop welcomes a reading with **Pulitzer Prize winning poet Galway Kinnell** on November 5 at 7:30 p.m. in the Smith College Stoddard auditorium. For information, call 584-0374.

A **reading by local fiction writers** will be held at the Fire and Water Café performance space on November 6 at 2 p.m. The event is sponsored by the Globe Bookshop. For further information, call 584-0374.

The **editor of the George Seldes reader**, Randolph Kolhut, will conduct a **book signing** at the Globe Bookshop on November 11 at 7:30 p.m. Call 584-0374 for information.

Children's book writers and artists Margot Apple, Sarah Kilborne, Leslea Newman and Shulamith Levy Oppenheim will sign books in conjunction with a **reading from the winners of our second annual elementary school age children's book contest** on November 12 at 2 p.m. in the Globe Bookshop. For more information, call 584-0374.

COMMUNITY MEETINGS/CONFERENCES

An open forum, **"Reinventing Justice,"** will be held for the South County on November 3 at 7:30 p.m. at South Deerfield Elementary School. Call 773-5463.

A conference, **Studies in Success, Applying Effective Models to Educating Women and Girls**, will be held November 4 - 6 at Mount Holyoke College. Call 538-2987.

A **conference on how women of color are portrayed in the media** will be held at the University of Massachusetts on November 10 and 11. For registration and information call 545-1670.

The annual Berkshire County NOW Women's Symposium will be held on November 12 from 9 a.m. - 5:30 p.m. in Pittsfield concerning issues such as sex, religion, menopause, self-defense, and more. Call 448-2669 to register.

A Small Business Roundtable special revisioning session will be held on November 18 from 5:30 - 7 p.m. in Greenfield. Call 772-6569.

Support for Your Spiritual Growth, Meditation, with Joyce Garrish in Shutesbury. Call 259-1829.

The **Dream Council** will hold gatherings the second Sunday of each month from 3 - 7 p.m. in Greenfield. Call 772-6569.

Two **Toastmasters clubs** are forming in Northampton and Greenfield for success-minded people to learn to communicate effectively. Call 744-3462.

Parents Anonymous has started a group in Northampton for those who want to improve their relationships with their children, Thursdays from 6 - 7:30 p.m. Call (800) 882-1250.

New men's group is now forming using a leaderless open format. Call Max at 259-1740.

The **Men's Group Project** (259-1740) will meet every Sunday night from 7 - 9 p.m. Free and confidential talks on love, work, family, friends, and you.

The Worthy Image Coalition for child-care providers and advocates meets the first Monday of every month from 7 - 8:30 p.m. at the Nonotuck Community Child Care Center. Call 586-5996.

A Course in Miracles study group meets Tuesdays, 7:30 - 8:45 a.m. Call David P. Carney, MSW, at 253-2902.

Surviving Grief, ten-week programs held in Amherst, offer support through education and sharing for those who have lost a loved one. Call Joan Gibson at 253-3133.

Contact Western Mass. Intergroup Office (532-2111) for **Alcoholics Anonymous** information, meeting times, or locations.

AL-ANON/ALATEEN, support for those whose lives have been affected by someone else's drinking. For meeting times and locations, call 253-5261.

LECTURES

The **New England Trade Adjustment Assistance Center** will speak on the ISO-9000 on November 2 at 8 p.m. at the Hotel Northampton. Call (617) 542-8457.

Westfield State College presents Ed and Lorraine Warren in a lecture on the **supernatural in North America, Europe, and Australia** on November 2 from 7:30 - 10 p.m. Call 572-5224.

Author/Sociologist Peter Rose will lecture on **"The Challenge of Pluralism"** on November 3 at North Adams State College. Call 664-4511, Ext. 481.

Jude Rozhon will hold a lecture entitled **"Tarot: The Magician and the Four Suits"** on November 4 in Amherst. Call Dina Friend at 256-4995 to register.

The Amherst History Museum at the Strong House (256-0678) will hold a lecture on November 9 at noon presented by Dr. Pat Warner entitled **"The Victorian Child: 19th-Century Children's Clothing from the Permanent Collection."**

NYPD Chief will discuss Dostoevsky's Crime and Punishment at Mount Holyoke College on November 10 at 7:30 p.m. Call 538-2480.

The Five College Women's Studies Research Center will hold a lecture at Hampshire College entitled **Women and AIDS: Gender, Race, Class and Science** on November 14 at 4:30 p.m. Call 538-2022.

Professor Rajagopalan Radhakrishnan of the English Department will speak on **"What is a Comparison?"** on November 17 at 5 p.m. Call 545-2203.

A lecture series offered by the Connecticut River Valley Spiritual Emergence Network and *Many Hands* magazine will **explore spiritual aspects of psychological healing** meeting the first Monday of the months October

through June. Call Joann Lutz at 586-6384.

The Calico Bookshop is pleased to announce an ongoing **lecture series on traditional American art forms**. Call the bookshop in South Hadley for information on upcoming speakers and events at 536-3245.

CLASSES/WORKSHOPS

Beginner's Tai Chi classes will be held at the Deer Mountain Taoist Academy beginning November 2 at 6 p.m. Call 584-4615.

Free demonstration yoga classes will be offered at the Greenfield YMCA with Jean Erlbaum on November 3 from 7:15 - 8:45. Call 625-6113.

Historic Deerfield will present a workshop **Oral History and the Family Memoir: The Art of Interviewing in the Creation of a Valuable Document** on November 3. Call 774-5581.

A six-week class in Drawing with Pencils and Color Pencils will be offered by Paula Gottlieb, MFA, on Friday mornings from 10 a.m. - noon, beginning November 4 in Greenfield. Call 625-8250.

A one-day Pre-Holiday Burnout Prevention Workshop will be held November 5 in Leverett. Call 584-4433.

A Simple Bookbinding Workshop will be held on November 5 and a **Photo Album and Scrapbook Workshop** on November 6 at Decorative Papers in Easthampton. Call 527-6103.

Iyengar Yoga Classes will be held at the Barn Studio with Patricia Walden November 4 - 6. Call Deb Neubauer at 367-9692 for more information.

The Guild Studio School (584-3299) will offer art classes beginning November 7 at its new location at The Conway Center for the Arts and in their Northampton location.

The Connecticut Valley Historical Museum in Springfield will offer a workshop entitled **Learn How to Care for Family Records** on November 9 from 7 - 9 p.m. Call 732-3080 to register.

The Amherst History Museum at the Strong House will offer a gift workshop on **Miniature Victorian Christmas Trees** on November 12. Call 256-0678 for more information.

The Massachusetts Small Business Development Center will present an industry-specific international trade workshop on **Electronics and Consumer Goods Industries and NAFTA** on November 8 in Springfield. Call 545-6301 to register.

Holyoke Community College's Department of Communications, Music, and Visual Arts will hold a series of lectures on **The World of Music: Non-Western Traditions**, during their morning Open House on November 18 in Building C.

Longmeadow Writers and Artists offers Creative Writing for adults and children led by Barbara Cramer. Call (413) 567-8457.

Creative Writing Workshops for adults and teenagers will be offered beginning November 21 by the Amherst Writers and Artists with facilitator Anna Kirwan Vogel. Call 586-5264 for more information.

The Ennave Institute offers workshops in **Personal Healings of Planetary Significance** in Hadley. Call 253-2902.

Iyengar Yoga Classes will be offered at Blue Moon Studios on Monday mornings in Conway Center. Call 369-4456.

Mudpie Potters, located in Leverett Crafts and Arts building, has space open in the potters' co-op and in classes for both children and adults. Call Donna Gates at (413)

367-0332.

One-on-One SAT Tutoring at your home. Call 253-9924 for a free trail session and brochure.

Guidance For Writers offers support and commentary on a one-to-one basis. Call Susan at 625-0222.

The Northampton Yoga Center (585-5728) offers **daily yoga classes**, ongoing workshops, yoga therapy and counseling.

The Leverett Recreation Commission presents **Yoga Classes** every Tuesday night at the Leverett Town Hall. Call Susan Valentine at 548-9810.

Valley Women's Martial Arts, Inc. (527-0101) offers ongoing beginner classes for new students starting the first full week of every month.

Music lessons are available at the Northampton Community Music Center (585-0001). Private lessons are offered on a variety of instruments for adults and children.

OUTDOORS

The Massachusetts Audubon Society will hold a second program of the **Living with Wildlife** series on November 8 from 7 - 8:30 p.m. Call Arcadia at 584-3009 to pre-register.

The Hitchcock Center for the Environment will offer workshops on nature and environmental concerns in November. Call 256-6006 for more information.

Historic Deerfield offers carriage rides, daily walking tours, and the beautiful Blake Channel Meadow Walk. For information, call 774-5581.

Northfield Mountain Recreation and Environmental Center (659-3714) offers tours, boat rides, and special programs, and features historic exhibits, hiking trails, camping, and canoe rentals.

HEALTH/BODY

Blood donors urgently needed to fight a critical blood shortage at Cooley Dickinson Hospital, particularly O-positive, O-negative, and A-negative. Call 582-2162.

The Oral Facial Support Group sponsored by the Weldon Center at Mercy Hospital (748-6896) will meet November 8 at 7 p.m.

A **Healthy Back Workshop** will be held by Dr. Lee Kane at the New England Chiropractic Center (253-9777) on November 8 at 7:30 p.m. in Amherst.

Mercy Hospital will offer a workshop, **Balancing Your Fat Budget**, with Registered Dietitian Nancy Dell, MS, on November 8 at 7 p.m. Call 748-9080 to register.

Cooley Dickinson Hospital will hold a **Breast Cancer Resource Night** on November 8 from 7 - 8 p.m. Call the Radiology Department at 582-2101.

Mercy Hospital will hold a series of **diabetic education programs** will begin November 14 at 2:30 p.m. Call 748-9024.

Two Support Groups for HIV-Positive People are ongoing in the area. Call Kevin McVeigh at 586-2016.

Ongoing Parkinson's Disease Support group has four different groups and various meeting times and locations. Call Ruthie at 584-2192.

Cancer Support Group meets the second and fourth Wednesday of every month from 3:30 - 5 p.m. at Holyoke Hospital. Call Debbie LeGrand (534-2526).

Chronic Fatigue Immune Dysfunction Support Group meets the first Tuesday of each month from 6:30 - 8:30 p.m. at Holyoke Hospital. Call Carol Pothier at 533-7695.

The Stroke Club, for survivors of strokes and their families, meets Thursdays and Fridays at 10 a.m. at Holyoke Hospital. Call Esmat Ezzat at 534-2508.

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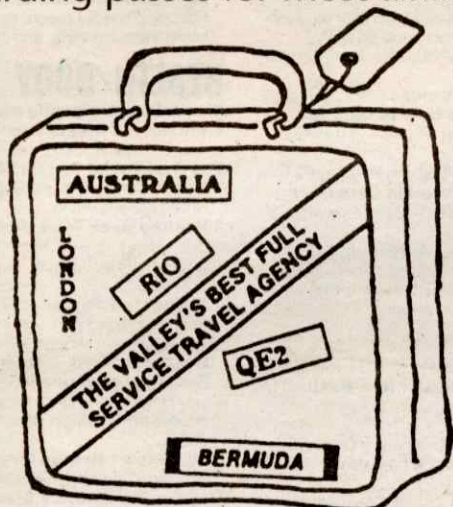
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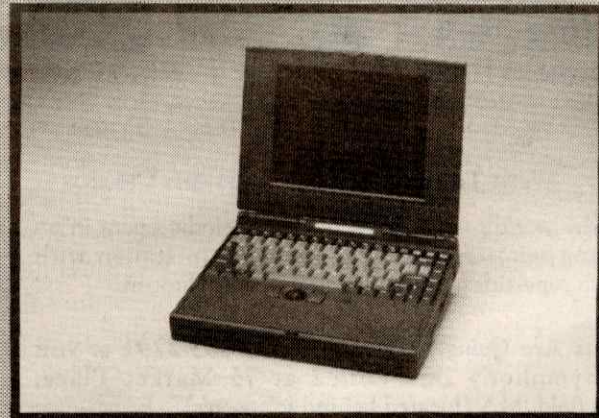
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COMMUNITY CALENDAR

Ongoing **Parent Education Classes:** Prepared Childbirth, Breast-feeding, Pre- and Post-Natal Exercise, Siblings, and Mother to Mother, are being held at the Birthing Center at Holyoke Hospital. To pre-register call 534-2700.

Ongoing **Parkinson's Disease Support Group** has four different groups and various meeting times and locations. Call Ruthie (584-2192).

Mother to Mother Sharing, covering topics from breast and bottle feeding to newborn care, meets in the Birthing Center at Holyoke Hospital every Monday from 1 - 3 p.m. Call Launa Cebula at 534-2700.

Family and friends of cancer patients meet at 7 p.m. on the second and fourth Wednesday of every month at the Church of the Apostles in Belchertown. Call Joan Gibson at 253-3133.

PERFORMANCES

Smith College Theatre presents *Tough!* in the Hallie Flanagan Theatre on November 3 and 5 at 8 p.m. Call the box office at 545-ARTS for information.

Friends of Bosnia presents a **Benefit Concert for Bosnia** on November 3 at 7:30 p.m. The concert will be held at the First Church in Northampton. For information call 586-6450.

The Theater Department of UMass and New World Theater presents **Sheila's Day** by Duma Ndiouy on November 3 - 4 and 9 - 12 at 8 p.m. in the Rand Theater. For information call 545-6808.

Valley Pianist Peter Jones and guitarist Joe Podlesny will join comedienne B.J. Goodwin and cellist Stephen Katz for a **concert at the Center for the Arts** on November 4 at 8 p.m. For information call 586-7282.

The Theater Project will present Christopher Sergel's adaptation of Harper Lee's **To Kill A Mockingbird** on November 3 through 13 at various times at the Church of the Good Shepherd in West Springfield. For information call (413) 567-3291.

Shtick and Stones will perform their improvisational comedy at Peking Garden on November 4 and 18 and at the East St. Theater on November 5 and 19. For information call 253-4150.

The Valley Light Opera presents **Orpheus in the Underworld** at Amherst Regional High School on November 4, 5, 11, and 12 at 8 p.m. There will also be a matinee on November 6 at 2 p.m. For information call 549-0029.

Judy Tenuta, the accordionplaying Love Goddess, will perform at the Comedy Connection at the Hu Ke Lau in Chicopee on November 5. Call (617) 298-9700 for more information.

Mount Holyoke Glee Club is hosting the Amherst Women's Chorus and Yale Slavic Chorus in concert on November 5 at 8 p.m. in the Abbey Memorial Chapel at Mount Holyoke College. For information call 538-2306.

Smith College Glee Club to perform **J.S. Bach's Magnificat** with guest choirs and soloists at the John M. Greene Hall on Smith Campus on November 6 at 3 p.m. For information call 585-3166.

Ernie Watts, saxophonist, plays in *All That Jazz* as part of the Springfield Symphony's season. Information is available at (413) 733-2291.

John Meyers and Realtime, a modern jazz trio, will perform at North Adams State College on November 7 at 7:30 p.m. For information call (413) 664-4511 ext. 526.

The Emerson String Quartet will perform for the Sage Hall Concert Series at Smith College on November 8 at 8 p.m. For information call 585-3164.

The Electronic and Computer Music Studio of the University of Massachusetts will present a concert of **electroacoustic music** on November 9 at 8:15 p.m. For information call 545-2227.

North Shore Music Theatre in Beverly will present **Phantom** at various times on November 9 through 17. For times and more information call (508) 922-8500.

Sarah Callahan, an Oboist who has been selected to perform at the **National Festival of the Arts**, will play at the Newman Center in Amherst on November 9 at 6:30 p.m. For information call the Performing Arts Division Office at 545-0519.

Sleeveless Theatre will perform their Comedy Improv at the Black Sheep Café on November 11 at 8 and 9:45 p.m. for information call 584-6211.

Tenor John Thade will perform **Broadway All-Time Favorites** at the Shea Community Theater in Turners Falls on November 11 at 8 p.m. For information call (800) 559-7070.

The United States Navy Jazz Band, The Commodores, will present a free concert on November 12 at 8 p.m. at the Bellamy School Auditorium, Chicopee. Tickets must be obtained by sending a self-addressed stamped envelope with a ticket order (limit 4) to: Bravo Enterprises, Navy Concert, PO Box 30454, Springfield, MA, 01103.

Tim Conway and Tom Poston star together in **Just For Laughs, A Day With Gates and Mills** at the Bushnell November 15 - 20. Performances are daily at 8 p.m. and Saturday and Sunday at 2 p.m. For information call (203) 527-3123.

Mohawk Middle School presents **Annie Warbucks** on November 11, 12, and 13 at the Mohawk Auditorium and on November 18 and 19 in Shea Theater. For information call 625-9811 ext. 44.

Peru Andes will perform South American music at the Augusta Savage Gallery on November 14 at 7 p.m. For more information call 545-5177.

Violinist Michelle LaCourse will perform in recital on

November 15 at 8 p.m. in Bezanson Recital Hall, UMass. For information call 545-2511.

Variations, a new play by Katie Taber, will be presented by the Hampshire College Theatre Program from November 10 - 13 and 17 - 20 at 8 p.m. in the Hampshire College Studio Theatre. Call 582-5279.

Lorena McKennitt will be appearing at John M. Greene Hall on November 16 at 8 p.m. For information call 584-7327.

The University Wind Ensemble and Symphony Band will perform two major works for wind instruments on November 18 at 8 p.m. at UMass. For information call 545-2227.

Tim McGraw will appear at the Springfield Civic Center on November 19 along with Little Texas and Blackhawk. For information call (800) 639-8602.

The Arcadia Players, a Baroque Orchestra and Chamber Ensemble, will perform **Tafelmusik**, by Telemann, at various locations in the valley. Call 584-8882 for schedule information.

Tickets are now on sale for **The Nutcracker**, to be presented by the Ballet Theatre of Boston and the Springfield Symphony Orchestra on November 25 - 27 at Springfield Symphony Hall. For reservations call (800) 639-8602.

Department of Music and Dance at University of Massachusetts is offering many performances ranging from jazz to classical. For information and a schedule call 545-2511.

ARTEVENTS/EXHIBITS

Epigee of Northampton is currently hosting two artists' nature exhibits: Lyndsay Tetlow, photographer, and Robin Slavin, colored pencil artist. For more information call 584-5070.

The clay sculpture "Striding Woman" and other **works by Mary Frank** will be explored at the à la Carte program at the Springfield Museum of Fine Arts on November 3 at 12:15 p.m. For information call (413) 739-3871.

The Canal Gallery will show **The Tiffany Collection**, an exhibit of paintings by Tim Merrick, through November 5. For more information call 532-4141.

Ferrin Gallery at Pinch Pottery presents **Donna McGee: New Work**, a one-person show running through November 6. For information call 586-4509.

The Northampton Center for the Arts presents **Renare Vendrig and Ron Kim: Drawings and Paintings** through November 6. Information available at 584-7327.

The compelling stories of 75 African-American women are told in **I Dream a World: Portraits of Black Women who Changed America**, on exhibit at the Springfield Museum of Fine Arts until November 6. Details available at (413) 739-3871.

The Work of Emily Burling Waite Manchester (1887-1980) will be on exhibit through November 6 at the Rockwell Gallery in the Worcester Historical Museum. Information is available at (508) 753-8278.

A retrospective exhibition of paintings by **Leonel Gongora** will be on display through November 10 at the University of Massachusetts Herter Gallery. Call 545-0976 for information.

Art Scenes: Robert Chirico, Fred Wessel and Marcea Rundquist, still lifes, landscapes, and interiors in the realist style, will be on exhibit through November 13 at the George Walter Vincent Smith Art Museum in Springfield. For information call 739-3871.

On November 13 the Worcester Art Museum will host a **Native American Awareness Day**. The entire museum will be open to the public. For information call (508) 799-4406.

Early Twentieth-century Russian Set and Costume Design will be on exhibit through November 13 at the Mead Art Museum on Amherst College's campus. Call 542-2335 for information. Also at the Mead Art Museum, *Modern Impulse - Russia France and America: 1890 - 1950* showing through December 23, *Dutch and Flemish Paintings from the Permanent Collection* through November 13, and *Early American Popular Prints* through November 13.

Healing Paintings - Healing Drawings by Donna Estabrooks is on exhibit now at the following locations: Joel McFadden Designs, Greenfield (772-1003); Sara's, Whatley (665-8492); Café Mediterranean, Amherst (549-7122); Bread and Circus, Hadley (586-9932); and Imagine, Easthampton (529-0266).

Brian D. Cohen's art and books will be on display until November 16 at the Nada/Mason Gallery in the Bolger Arts Center of Northfield Mount Hermon School, under the title **Etchings and Artist's Books**. Please call 498-3376 for information.

The University of Massachusetts presents **Banned On Campus: Response to Censorship in the Visual Arts**, an exhibit by many artist at the Hampden Gallery through November 16. For information call 545-0680.

Richard Fuller Curran is exhibiting works through November 17 at the Pahana Gallery in Northampton.

Less Teeth by Thomas Riggs Hinchey will be on exhibit at

the Wheeler Gallery on the UMass campus through November 17. For information call 545-2804.

Linda Wallack's **prints and mobiles** will be on display in the Forbes Library Gallery from November 5 - 30. For information call 586-0489.

Transitional Works, an exhibit by Penné Krol, will run through November 31 at Holyoke Community College Gallery. Call 538-7000 for information.

Mount Holyoke College and Smith College are collaborating on a two-part exhibition featuring books by husband-and-wife artists **Bertrams Dorny and Anne Walker** at the Mount Holyoke Art Museum and the Neilson Library, Smith College, through November 20.

Pathways, an exhibit of woodcuts by Zoravia Bettiol, will show at the Augusta Savage Gallery until November 22. For information call 545-5177.

New Talent in the Valley, an exhibition of works by by several new artists in the Pioneer Valley, will be on exhibit at the Barnes Gallery, Leverett, through November 22. A reception will be held on opening day from 6 to 8 p.m. For information call 548-9157.

A retrospective exhibition of the **paintings of Thurston Munson** will be on display at the Artspace Gallery from November 4 - 25. For information call 772-6811.

The Hart Gallery in Northampton presents an exhibit of paintings, drawings, prints, and mixed media works by **Nancy Vonnegut** through November 26. For information call 586-4278.

Tracing the Past: Nineteenth - Century Portraits from the Collection of the Pennsylvania Academy of the Fine Arts runs through November 27 at the Sterling and Francine Clark Art Institute. For information call 458-9545.

The Greatest Delight: Art of India from the Williams College Museum of Art, will run through November 27 in Williamstown. Call 597-2429 for information.

The Lantern Bar and Grill, in conjunction with Art Independent, is hosting **The Sacred Gin Mill**, a showcase of shrines built by area artists, through November 30. The Lantern is located in Pittsfield.

A Day in the Life of Springfield, Vermont, a pictorial by Amherst and Wesleyan College students, will be on exhibit through November 30 in the Eli Marsh Gallery on the Amherst College campus.

Centennial Retrospective, an exhibit of **North Adams State College** memorabilia and photographs, will be on display at Heritage State Park through November 30. Call (413) 664-4511 for information.

Paintings by Joan Hopkins Coughlin will show through December at Jones Library. For information call 367-2469.

Healing Energies, paintings by Jane Gruber, will be on exhibit at the Nacul Center in Amherst through December 1. For information call 256-8025.

The Northampton Center for the Arts presents **New Paintings** by area artists Betsy Feick from November 8 - December 14 in the east and west galleries of the center. For information call 584-7327.

Yet in Memory: Gifts to the the Department of Prints and Drawings from the Late Jeffrey Shedd, a collection of drawings and prints from the fifteenth to twentieth century, will be on exhibit at Sterling and Francine Clark Art Institute through December 18. For information call 458-9545.

Zone Art Center presents two exhibitions through December 18: **Three Born** by Albert Piarr and **Paintings and Drawings** by William Brovelli. Call 732-1995 for information.

Jean-Michel Basquiat: The Blue Ribbon Paintings is on exhibit through December 22 at the Mount Holyoke College Art Museum. Information is available at 538-2245.

Delay in Glass: A View of Duchamp's Green Box will be on exhibit at the Williams College Museum of Art through December 31. Call 597-2429 for information.

Worcester Art Museum presents **Heritage of the Land: Contrasts in Native American Art and Life** through January 8. For information call (508) 799-4406.

At the Sterling and Francine Clark Institute are the exhibits **A Golden Harvest: Paintings by Adam Pynacker and Altered States: Conservation, Analysis, and the Interpretation of Works of Art**. For information call (413) 458-9545.

New works by contemporary impressionist **Alice Mongeau** will be on exhibit in the Sales and Rental Gallery of the Springfield Museum of Fine Arts through January 24. For additional information call (413) 739-3871.

For a complete listing of **events for children and adults** at the Berkshire Museum in Pittsfield, call 443-7171.

For a listing of **films, demonstrations, and exhibitions** at the Museum of Fine Arts, Boston, call (617) 267-9300 ext. 448.

EVENTS

Mercy Hospital Auxiliary is sponsoring a **Holiday Bazaar** on November 4 from 9 a.m. to 2 p.m. in the lobby of the

hospital in Springfield. For information call (413) 748-9704. **Smith College's Autumn Chrysanthemum Show** will open November 4 with a lecture by Marco Polo Stufano. For information call 585-2748.

The Eastern States Ephemera, Book, Advertising and Post Card Show and Sale will take place November 5 and 6 in West Springfield. For information call (203) 758-3880. Hartford's six major arts organizations will join to present **Celebration '94: The Arts Unite Against AIDS** at the Bushnell on November 6. Call (203) 527-3123.

The **2nd Annual Cultural Education Showcase** will be held on November 5 from noon - 4 p.m. at Northampton High School. For information call (617) 727-3668.

The Friends of AIDS CARE/ Hampshire County plan to "sweeten" the lives of people living with AIDS by hosting a **chocolate dessert buffet** on November 6 at the Northampton Center for the Arts. For information call 586-9526.

The Julius Lester Collection will be dedicated at the Jones Library on November 6. Mr. Lester will do a reading on the day of the dedication. For further information call 256-4090.

The 22nd annual **Arts and Crafts Fair**, sponsored by the Amherst Women's Club, will be held November 12 from 10 a.m. to 4 p.m. at the Amherst Regional Junior High School. For information call 256-0671.

The Loose Caboose Band returns to the Wendell Town Hall on November 12 at 9 p.m. for the Scorpio dance party to benefit the children of Wendell. Call (508) 544-7210 for information.

The Western Massachusetts chapter of **DIFFA, the Design Industries Foundation Fighting AIDS**, presents the sixth annual **"Art for Life"** November 19 from 7:30 - 11 p.m. at the Springfield Sheraton. Art for Life is a major fundraiser which grants funds to area non-profit organizations that provide direct services for people with HIV/AIDS. For more information, call (413) 533-2426.

Seven artists are offering **The Second Annual West Stockbridge Thanksgiving Week End Studio Tour**. The public is invited to travel to their studios on November 25, 26 and 27. For information and maps call 232-4110.

Historic Deerfield offers a **17th Century Celebration** on November 26 in the village of Deerfield. For information call 774-5581.

WFCR 88.5 FM will broadcast **Lyric Opera of Chicago** Saturdays at 1:30 p.m.

WFCR 88.5 FM will broadcast **Club Del Sol**, an hour-long Latin music series, on Saturday nights at midnight.

WFCR 88.5 FM is currently broadcasting **Concerts from the Library of Congress**, Mondays at 9 p.m.

CHILDREN/YOUTH

Children's entertainer Nancy Rockland-Miller will perform her energizing music at the Hitchcock Center on November 5 (256-6006), and the Montague Bookmill on November 18 (367-9206). Please call the appropriate number for more information.

Quetzal, a multi-cultural group, will perform music of the Andes, the Caribbean and South America at the Children's Museum in Holyoke on November 5. For information call 536-KIDS.

Nigel Coxe, classical pianist, will perform a concert that will appeal to both adults and children on November 8 at Bezanson Recital Hall, UMass. For information call 545-2227.

November 12 is **kid's day at the Jeffery Amherst Bookshop**. Two local authors, Sarah Kilborne and Deborah Savage, will be reading from their books at 11 a.m. and 2 p.m. respectively. For information call 253-7816.

Gould and Sterns will present **Jack and the Beanstalk** on November 13 at 4 p.m. in the Wendell Town Hall to benefit the Leverett Village Cooperative. For information call 367-9794.

Register now for a **Creative Writing Workshop for Kids**, facilitated by Anna Kirwan-Vogel. For information call 584-5264.

The Eastern States Doll, Toy and Teddy Bear Show is happening in West Springfield in November 12 and 13. For information call (203) 758-3880.

The Children's Museum in Holyoke hosts Small FryDay every Friday morning from 9:30 to 12:00 noon. For information call 536-KIDS.

Boston's Museum of Fine Arts offers Youth Group Visits and guided tours by appointment. For brochure and reservations call (617) 267-9300 ext. 310. Monday - Thursday from 9 a.m. - 4 p.m.

Call the Children's Room (739-3871) at the Springfield City Library for dates and times of **story hour** for children.

Pottery Class for children meets Thursdays from 3:30 - 5 p.m. at the Leverett Crafts and Arts Center. Call Donna at 259-1505. Ongoing enrollment.

The Hampshire Regional YMCA (584-7086) is taking registration for fall youth programs.

Whizbang Theater Arts Programs is providing acting training for young people ages 8 - 18 at the Munson Library in South Amherst. Call 367-2658.

Call the Boston Children's Museum's What's Up Line for hours, exhibits, and weekly activity listings: (617) 426-8855.

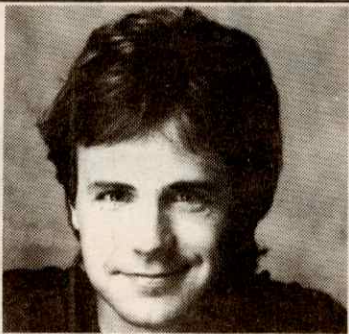
Space is available at the Hampshire Regional YMCA's Kids at **Bear Hill Childcare Program**, which offers year round care for children ages 2 mos. to five years. Contact Holly Martineau at the YMCA, 584-7086.

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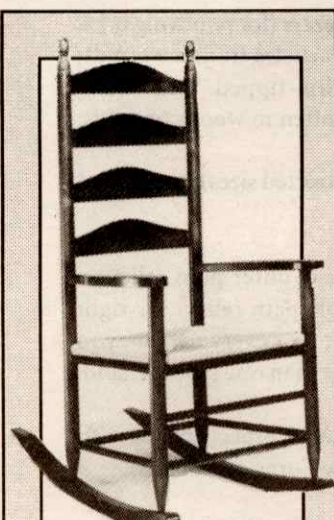
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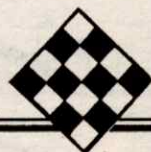
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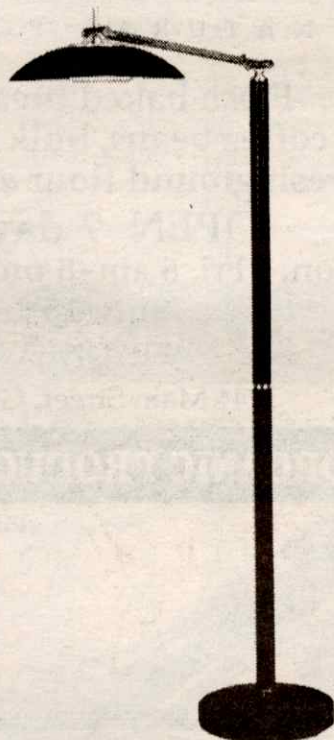


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DOWN STAIRS *Fast*

Downsizing your medicine chest

If you're in the mood to organize your medical holdings, the first step is to throw out what you don't need, which might include the following items:

- **Prescription drugs you didn't use up.** Medications prescribed for a specific condition that has since cleared up should be thrown away, not kept around "just in case." Get rid of outdated medications, too. Flush them down the toilet or dispose of them so that children or pets won't find them in a wastebasket.

- **Iodine, hexylresorcinol, Merthiolate, Mercurochrome, and similar products.** These actually are not effective disinfectants and can burn the skin under a tight bandage. Be wary, generally, of any product that claims to promote healing.

- **Hydrogen peroxide.** This old standby for "cleansing" can actually damage skin and retard healing. Water is better.

- **Stimulant laxatives** (such as Ex-Lax, Feen-A-Mint, and cascara). A diet rich in fruits, vegetables, and whole grains, plus two quarts of fluid daily, will keep you from needing a laxative. Stimulant laxatives, which work by irritating the intestinal wall, can be habit-forming. If you need a laxative, use a bulk laxative (such as Metamucil), which is high in fiber.

WHAT TO KEEP

- **A pair of tweezers** (for removing ticks, slivers, or dirt particles from a wound), plus a special, thin-tipped "tick tweezers" if you hike often in woods or fields.

- **Bandages** (assorted sizes), gauze, and adhesive tape.

- **An over-the-counter pain reliever.** Because no single pain reliever is right for every situation or every person, you might keep more than one type on hand.

- **A simple antacid**, especially one with calcium (such as Tums or Roloids).

- **A remedy for mild diarrhea** (such as Pepto Bismol or Imodium), which can be bought in generic form.

- **Calamine lotion** for soothing insect bites or poison ivy.

- **OTC hydrocortisone cream (1%)** for skin rashes, insect bites, and contact dermatitis. It generally should not be used on any eruption caused by fungi, viruses, or bacteria (for instance, athlete's foot, ringworm cold sores, or infected areas).

- **A fever thermometer.**

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Having babies at any age

One of the big news items of the last decade has been the increasing number of women postponing childbearing until their thirties, sometimes their forties. And recently, what were dubbed "retirement pregnancies" made headlines worldwide: a 59-year-old British woman had twins, and an Italian woman in her sixties also gave birth. These, of course, were in vitro fertilizations. That is, an embryo containing an egg from a younger woman had been implanted in these women, a technique previously used to treat infertility chiefly in premenopausal women. Does this mean that postmenopausal pregnancies will now become commonplace? Perhaps. However, the procedure is very expensive and not always successful. "How old is too old?" is a highly controversial question, since it's applied only to women.

The birth rate among older women is on the rise. In 1991, about 10,000 first babies were born to American women aged 40 to 44. By the year 2000, it's estimated that 1 baby in 12 babies will be born to women 35 or older. Some studies have shown that as women grow older, they run a greater risk of miscarriage, premature birth, birth defects, having a low-birth-weight baby, and other complications. Yet other research suggests that the risks of delaying pregnancy until late in the reproductive years (after 35) are not related to age at all but to pre-existing disorders such as high blood pres-

sure or diabetes that may worsen with age. A 1987 study in the *American Journal of Epidemiology* was solidly reassuring, finding no evidence of increased risk of low birth weight or premature delivery in women having their first pregnancy after age 30 compared with younger women. Complications did increase, but with good management both mother and baby were generally healthy.

Still, recent studies continue to show that women over 35 are at higher risk for miscarriage and birth defects, as well as for Caesarean delivery — although the latter may reflect physician/patient anxiety rather than an absolute need for Caesareans. In addition, fertility in women declines with the years. None of this means, however, that it's inadvisable to have a baby when you're over 35 or even in your forties.

A woman attempting a first pregnancy at age 35 or older should seek professional advice early if pregnancy does not occur readily. If either partner needs treatment for infertility, the sooner it is begun the better. Genetic counseling for couples is also a good idea. Fertility declines quickly after age 40, and the chances of genetic abnormalities in the fetus increase. Nevertheless, women in their early forties can still conceive and bear healthy babies.

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KIDSPORTS

FAMILY FUN & FITNESS

Have you been wondering about that large building being built next to Bread and Circus grocery store? You've heard it is related to kids or maybe you heard it is a fitness center. Yes it is, and much, much, more. Let us introduce ourselves, we are **KIDSPORTS, FAMILY FUN AND FITNESS OF HADLEY.** KIDSPORTS is a community center promoting exercise, health fitness, and fun for kids and adults in a diverse and multicultural environment. Here is what we have in our new 21,000 square foot building:

The Adventure Challenge — Our two-story, indoor play structure will allow over 100 children to play, slide, climb, and roam through a safe and exciting maze of fun. Once the kids experience the **Adventure Challenge** they will be begging to come back! Perfect fun for the cold and snowy days ahead.

Our **Sport Court** is the size of a high school gymnasium. We will have many types of adult and children's sports and games.

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Children's Program — We have Weesport classes for infants & toddlers with their parents, and a wide array of classes for children 4-16. Our extensive curriculum offers variety and excitement while providing an opportunity for children to participate in sport and recreational activities without any emphasis on winning or losing. Our goal is teach healthy lifetime skills that are fun and physically beneficial.

Birthday Parties — You and your children have probably never seen a party like the kind we throw at **KIDSPORTS.** We provide an hour and half of non-stop fun. Parents can choose from several party packages, which allows options such as a visit from our mascot, Sport the monkey, or a specialized Sport the monkey cake. Balloons, T-shirt for the birthday child, game tokens, climbing on the Adventure Challenge, and great fun comes with all the parties.

Computer, Tutor, and Play — Our after school program allows kids to work on a computer, have a snack, and get some exercise all in a fun-filled and supervised environment.

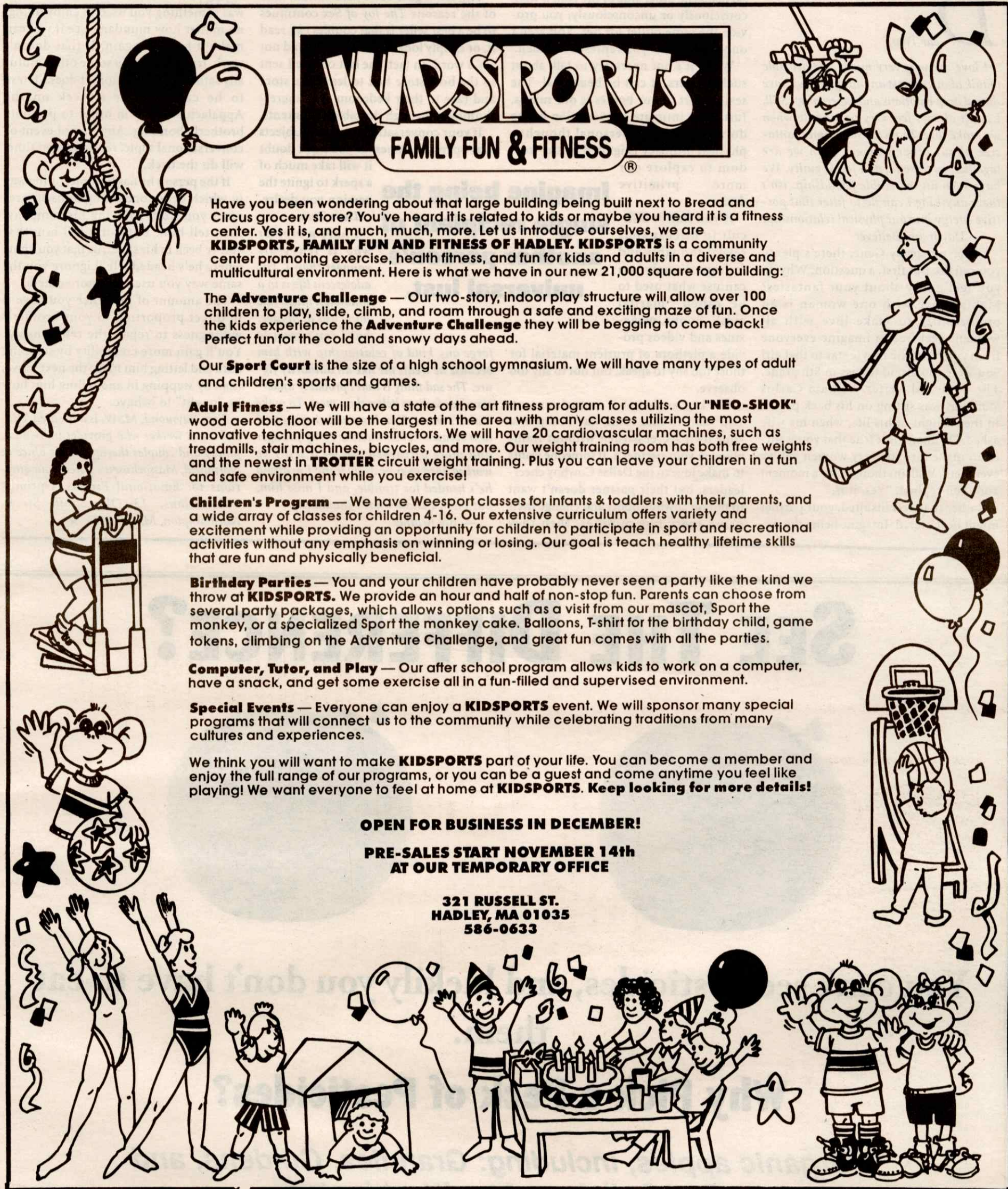
Special Events — Everyone can enjoy a **KIDSPORTS** event. We will sponsor many special programs that will connect us to the community while celebrating traditions from many cultures and experiences.

We think you will want to make **KIDSPORTS** part of your life. You can become a member and enjoy the full range of our programs, or you can be a guest and come anytime you feel like playing! We want everyone to feel at home at **KIDSPORTS.** Keep looking for more details!

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Emotional Fitness

by Tom Raymond, MSW

Dear Tom,

I love my wife very much. We are able to talk about almost anything and we have shared deep emotions and experiences. Still, I don't always feel very passionate when we make love. In fact, I sometimes fantasize about other women when we are together. In the end, all I feel is guilty. We have such an incredible friendship, isn't there anything I can do to filter that positive energy into our physical relationship?

— Daydream Believer

Cheer up sleepy Gene, there's plenty you can do. But first, a question. Why do you feel guilty about your fantasies? Making love with one woman is an opportunity to make love with all women. Feel free to imagine everyone from your favorite movie star to that girl you were too afraid to kiss in 8th grade. The poet and writer William Carlos Williams was sitting on his back porch, in the twilight of his life, when his wife asked, "William, is it true that you wanted to make love to every woman you've ever met?" William thought for a moment and then replied, "Yes, it is."

Rather than feel insulted, your partner might be flattered. Imagine being the sin-

gle recipient of another person's universal lust. The other side of the coin is that, consciously or unconsciously, you provide the same outlet for her. You aren't only her "man," you represent all men.

While it's not necessary to talk about such matters, it can be beneficial. The sexiest part of our bodies is our minds. Just as an intimate conversation has to do with our most personal thoughts, physical intimacy is ignited by the freedom to explore our more primitive desires.

If you find it difficult to discuss your sexual thoughts and feelings directly you can use what used to be called "marital aids." Books, magazines and videos provide a plethora of prurient material for those too shy to speak, but not to shy too observe.

The key, as always, is mutual consent. You want to find some way to tap into your own secret garden without trampling on your partner's. If someone wants to make love to the Dallas Cowboy cheerleaders, but their partner doesn't want to put on cowboy boots and change their name every five minutes, then they

shouldn't have to.

The same goes for conversation. One of the reasons *The Joy of Sex* continues to be a best seller is that couples can read it, or simply look at the pictures, and not say a word. In fact, the last couple I sent to the bookstore had to leave the store and race to their bedroom after merely thumbing through the table of contents.

If your conversation on other subjects is as open and honest as you say, I doubt

it will take much of a spark to ignite the passion you desire.

Dear Tom,

I have a brother who is ten years younger than I. His adolescent life is in a shambles, much like mine was at his age, but I can't seem to

forge any kind of relationship with him because he treats me like an authority figure. The sad thing is that I probably understand his feelings better than most. To make matters worse, I can't stand being around him because he reminds me of my younger and more disturbed self — a self I've worked hard to grow away from. I'm afraid he's headed for trouble, and I miss him, but I don't know what I should do.

— Big Brother

Go back to what you miss. All relationships are "about something." If there was something you used to enjoy doing, no matter how mundane, see if you can make it happen again. If that doesn't work, try and develop some other mutually satisfying interaction. It doesn't have to be camping for a week on the Appalachian Trail in order to promote brotherly bonding. Any shared event or conversational topic, repeated over time, will do the trick.

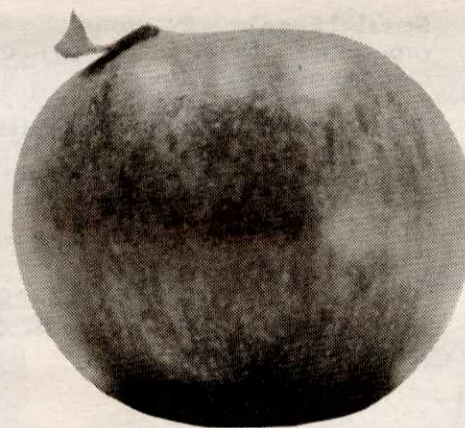
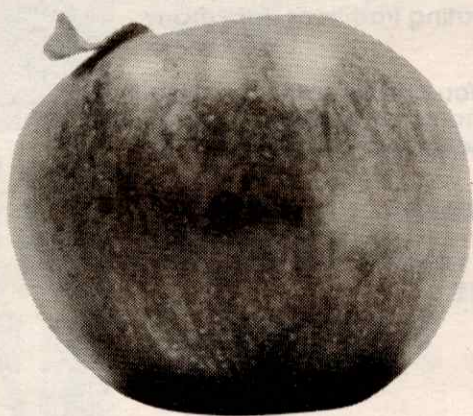
If the person he has become, or the way in which he is conducting himself, prevents you from enjoying his company, then tell him. But don't tell him that you've been in his shoes, or that you know where he's headed. He'll ignore you the same way you used to ignore others.

The amount of influence you have is in direct proportion to your brother's willingness to repair the relationship. You'll gain more credibility by stepping back and letting him make the next move, than by stepping in and telling him how he "ought" to behave.

Tom Raymond, MSW, is a licensed, clinical social worker who provides individual, family and couples therapy at his office in Northfield, Massachusetts. Direct your questions to: Emotional Fitness, Optimist Publications, 13 Old South Street, Northampton, MA, 01060. ★

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by Chuck Shepherd

LEAD STORIES

Former hostage Terry Anderson, who was kidnapped by terrorists in Beirut in 1985 and held for nearly seven years, filed a lawsuit against 13 federal agencies in September because they refused to release U.S. government documents pertaining to the kidnapping. Among the agencies' rejection letters was one from the Drug Enforcement Administration, which said it would not release records unless Anderson provided an "original notarized authorization" from his captors waiving their privacy rights.

The Associated Press reported in September on Ray Barnes's new Baltimore enterprise — a service to clean up blood-stained death scenes after police investigators have finished their work. Barnes and his wife use a variety of sponges, mops and air fresheners, including an enzyme that digests blood, but sometimes they have to tear out carpeting and wallpaper if they can't clean them. Barnes says business is good, even at fees of \$200 and up: "I don't know too many people who would want to go in and clean up the remains of their loved ones."

THE DEMOCRATIC PROCESS

Missouri state Rep. Beth Long pleaded

guilty in June to the theft of four pairs of salt and pepper shakers taken from a Rocheport, Mo., restaurant during a legislative dinner the month before. She said she doesn't know how they got into her purse.

High points in recent references to underwear in the Taiwan parliament: In May one legislator waved a pair of women's underpants symbolically to complain about the low state of Taiwan's national flag, and in June, a female legislator charged the podium and slapped another female legislator who had remarked that the first woman's underwear was showing.

Bill Frist, a Republican challenging U.S. Sen. Jim Sasser in Tennessee this fall, revealed in a 1989 book that, while a Harvard medical student in the 1970s, he procured cats for experiments by claiming at animal shelters that he wanted them merely as pets. A woman who worked for the Tennessee Humane Association during that time said Frist violated at least three state and federal laws with his scheme.

After voting earlier this year to disband their police force, residents of Osage, W.Va., voted in June to disband the whole town government. A major reason was dissatisfaction with the large number of traffic tickets being issued.

In June, Kansas state Rep. Richard Alldritt accused his colleague Melvin Nernfeld of attempting to extort a vote from him on a budget bill by threatening to tell Alldritt's wife that Alldritt was fooling around with women. Alldritt failed to change his vote, and according to the district attorney, Nernfeld squealed on him.

Minnesota state Sen. Steve Dille offered an amendment to a welfare-reform bill in March intended to reduce the number of single parents receiving Aid to Families with Dependent Children. The amendment would have required the government to study the possibility of establishing a dating service among single parents, thus potentially getting them married to each other and off the rolls. (It was defeated, 44-2.)

In St. Joseph, Mich., Harry Caldwell III won the Democratic primary race for county commissioner despite being jailed three weeks before the August voting day because he had paid up only \$5 of the \$34,980 he owed in child support. In San Jose, Calif., George Shirakawa was reelected to the city council in June, a month after he died, but in nearby Martinez, Calif., voters soundly rejected a dead man, Din Hallissy, who was on the ballot for county assessor.

According to the Arkansas Democrat-

Gazette, U.S. Rep. Jay Dickey, R-Ark., told a Little Rock radio station audience in July that fear of malpractice lawsuits leads some physicians to overprescribe tests. Said Dickey, "They might take you in there and perform a C-SPAN even though you don't need it."

GROWN UPS

In February, a jury in New Orleans ordered Dr. James Bennett to pay \$5,000 to a nurse whom Bennett shot (as a "joke") in the buttocks with a surgical staple gun. Bennett had shot the woman as she bent down to retrieve sponges in the operating room only seconds after he had used the gun to close a surgical wound.

In April, in a quiet Wheaton, Md., neighborhood of split-level homes, police said Gilmore "Bo" Addison and his son, Mark Anthony Addison, got into a gunfight over whether Dad had taken his son's money. Mark retrieved his AK 47 assault rifle and peppered Dad's bedroom door, and, Dad, returning fire with his .22-caliber rifle, hit Mark in the leg and buttocks as he scurried down the stairs.

In New Brighton, Minn., in February, a 32-year-old man and his 24-year-old girlfriend were arrested after a food fight in a grocery store. After arguing loudly, the

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NEWS OF THE WEIRD

couple began throwing sweet potatoes at each other. Eventually, the man allegedly threw the woman into several vegetable racks, sending the contents spilling to the floor. As both continued to brawl on the floor, she allegedly stuffed lettuce into the man's mouth.

CRIES FOR HELP

In August in Council Bluffs, Iowa, seven relatives ranging in age from 10 to 71 piled into the family car intending to commit suicide over money troubles. The driver smashed into a second car, injuring the three occupants but leaving the seven depressed people uninjured.

I DON'T THINK SO

In a May San Francisco Chronicle story on traffic tickets, Officer Cliff Kroeger of Martinez, Calif., said he once gave a ticket to a man clocked at 87 miles an hour in a car that had a large flexible tube sticking out of a rear window, extending to an aquarium in the back seat. When stopped, the driver said he had mathematically calculated that 87 was the exact speed he needed to aerate the aquarium to keep his fish alive.

UNDIGNIFIED DEATH

On Sept. 20, Baptist minister Reginald P. Wiggins, 40, passed away in Philadelphia after slipping into a diabetic coma. Wiggins had announced recently that, after a decade of intensive, scholarly study of the scriptures at the Christ Memorial Reformed Episcopal Church, he had concluded that the apocalypse would occur in September 1994.

POLICE BLOTTER

As part of an ongoing feud, according to

police in Fairfield, Iowa, Ronald Warren Switzer, 39, flew a small paraplane over the home of Mike Parsons in July and fired several rifle shots — perhaps the nation's first fly-by shooting. And in March, the FBI charged that James A. McClelland, 40, of Spokane, Wash., hired a man to murder his wife with a poisonous needle in a skate-by pricking.

According to Durham, N.C., convenience store clerk Sandra Lewis, who was held up by a man in February, the robber almost could not stop apologizing. He said he was sorry when he began the holdup, then again when he rejected her plea to think it over, then again just as he fled. A few seconds after leaving, he returned and said, "I'm sorry, really, I'm sorry," but nevertheless kept the money. By contrast, in March, the robber of a tobacco shop in Mesa, Ariz., not only returned the next night to rob the clerk again but chastised her for having been rude to him the night before.

Reuters news service reported last fall that a bank robbery in a suburb of Sydney, Australia, was thwarted when three men,

aged 69, 70 and 85, pinned the 18-year-old robber to the ground and held him until police arrived.

In August, Cindy Hartman, 26, startled a burglar when, upon encountering him in

her home in Conway, Ark., she dropped to her knees and began to pray for him. The man apologized and called to his partner outside, "We've got to [give back] all of this. This is a Christian home. We can't do this." The two burglars brought back the items they had stolen and even left their gun with her.

The Leesburg (Fla.) Daily Commercial reported in December on the response of shoplifting sus-

pect Darlene Oar, 25, when asked for personal ID by Officer Scott Gray at the station house. When Gray asked Oar her color of her hair, Oar allegedly stood up, pulled her pants down to her knees, and asked, "Why don't you look?" Oar was warned she would face additional charges if she continued to expose herself.

Paul Bivens, 28, was charged with attempted burglary of a liquor store in

Greenville, Miss., in May after police matched fingerprints. The prints on Bivins' fingers matched the print on a severed finger that police found on the floor of the store, the result of the burglar's having slammed a door on his hand.

A 45-year-old Leesport, Pa., man fleeing a street robbery attempt in September was shot in the buttocks by the robber. The .22-caliber bullet lodged in his penis, but the man was in satisfactory condition after surgery.

A 27-year-old man in Salt Lake City reported in September that a burglar had taken \$50 and a bottle of Rogaine, and that the thief had probably entered through an open bathroom window in his apartment. The victim said he usually leaves the bathroom window open so that he can come and go freely, without neighbors' knowledge, while dressed as a woman.

Recent uses of food as a weapon: Laurie Remillard was pelted with doughnuts in May in a drive-by attack in Biddeford, Maine; Gary Boyington, 23, was charged last winter with a robbery in Olathe, Kan., in which, though he claimed he had a gun, he was armed only with a chili dog he had just purchased; McDonald's restaurant employee Greg Dean stopped a robber in Oklahoma City in August by hitting the man in the chest with a Quarter-Pounder, startling him and causing him to flee; Teresa Ann Johnson, 27, was arrested in Wilmington N.C., in August and charged with tossing a vat of hot crabs on the police officer who had come to break up a fight at her home; film producer Donald P. Borchers claimed in July that one of his actors, Hunter Von Leer, had hurled a bowl of green Jell-O at him in Goldfield, Nev.,

continued on page 47

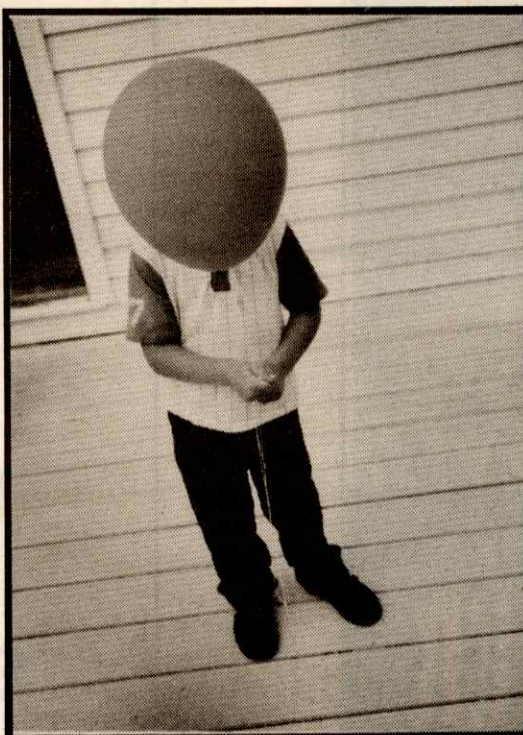
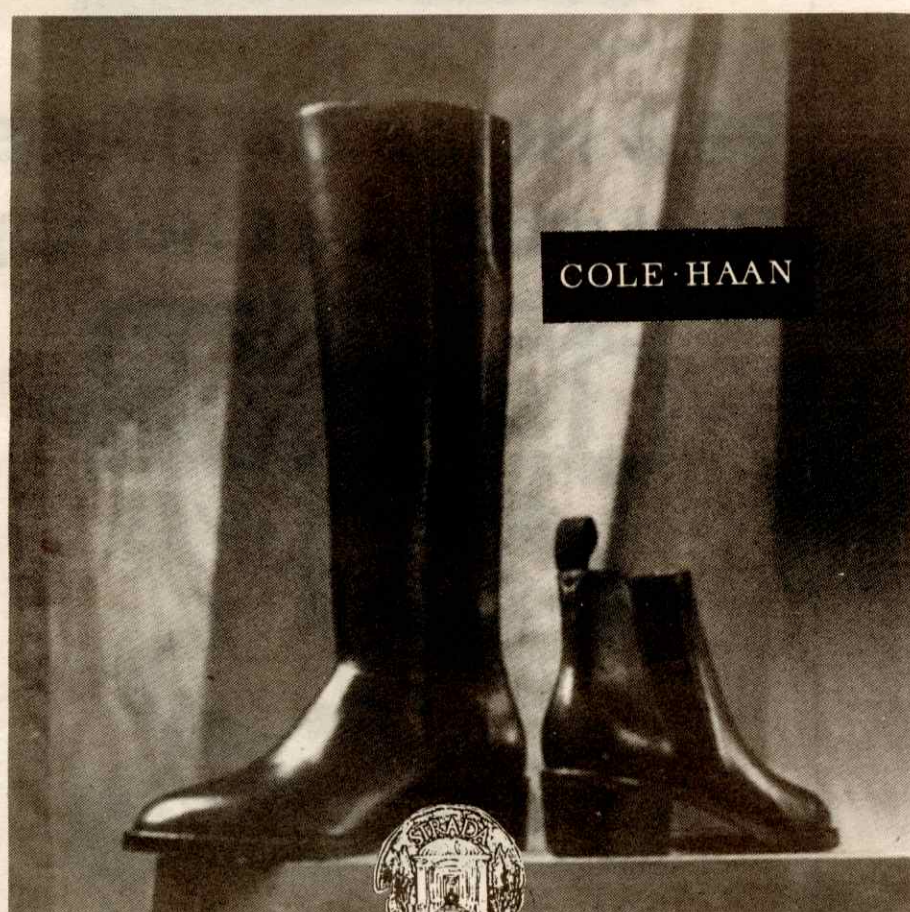


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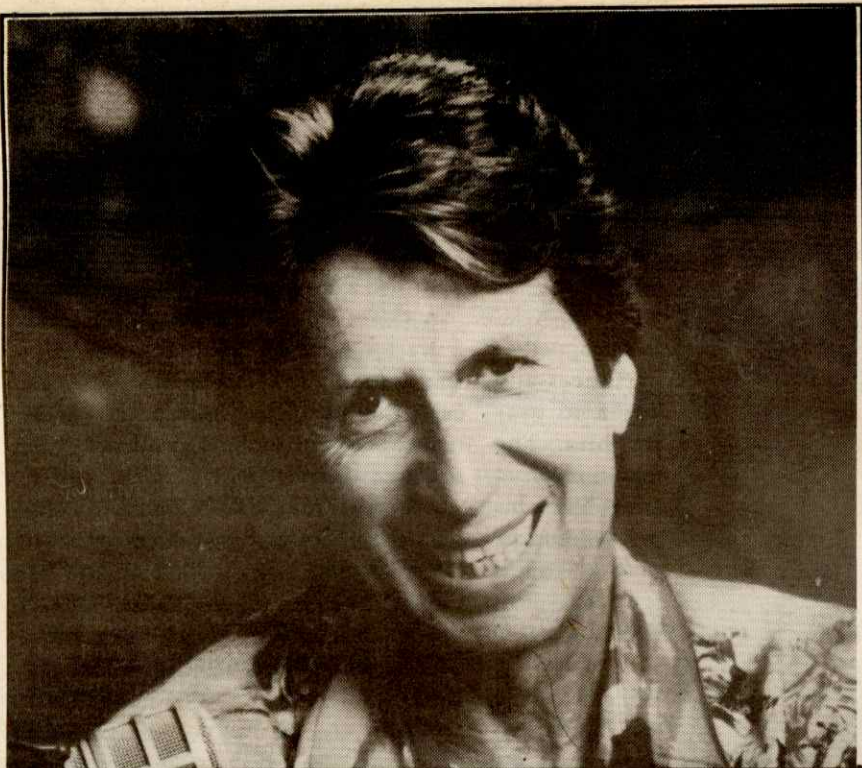
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10AM TO NOON	FOOD FOR THOUGHT A PROGRAM FOR ANYONE WHO ENJOYS FOOD	CAR CARE CORNER (UNTIL 10:45) PRESIDENT CLINTON (UNTIL 11)	CHURCH (10-11) POLKA SHOW
NOON TO 1PM	INFORMATION HOUR LIFESTYLE FEATURES PLUS HEAVY LOCAL NEWS	S P O R T S	(11-1)
1PM TO 3PM	BRUCE WILLIAMS AMERICA'S FINANCIAL AND BUSINESS ADVICE TALKSHOW HOST	S P O R T S	S P O R T S
3PM TO 6PM	DAVID BRENNER COMEDY TALK AND SPECIAL GUESTS	O G R A M M I N G	
6PM TO 7PM	NEWS & SPECIAL PROGRAMMING		SOUNDS OF SINATRA (6-8) ON LINE TONIGHT (8-10)
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Young and Depressing

The reality behind Prozac Nation's catchy title

by Hanna Howe

Prozac Nation: Young and Depressed in America

Elizabeth Wurtzel
Houghton Mifflin
\$19.95

There are some depressing facts listed in Elizabeth Wurtzel's *Prozac Nation*: Prozac is the second-most prescribed drug in the United States; in 1993 \$1.3 billion was spent on Prozac

Wurtzel seems to have decided that everyone between 20 and 30 years of age is begging for a happy pill that will help ease the pain of being young in America.

prescriptions; and six million Americans have taken Prozac. These numbers lead to the startling realization that there are a lot of depressed people in the U.S. Based on the title of Wurtzel's memoir, I had hoped she would address this nationwide depression and the drugs being prescribed for it, and reach some conclusions about being young and depressed in America. Instead, she has provided a long,

whiny narrative that offers little insight towards depression and what might be done about it.

In her story Wurtzel forces everyone she meets to take part in her depression. She writes "Depression is all about if you loved me you would... stop doing everything besides sitting here by my side and passing me Kleenex and aspirin while I lie and creak and cry and drown myself and you in my misery." The author craves attention so much that she tells each new person she meets about her depression, wanting them to be as low as she. She preaches gloom to her friends, expects strangers to save her from her depression, and spends hours on the phone with her therapist asking for help, ignoring the doctor's reminders that she has other patients and a family life.

Wurtzel's narrative begins with the onset of her depression. Her parents divorced when she was young and her father eventually disappeared from her life. However, her story of life with a struggling single mother, interrupted every so often by weekends with Dad, is a common one these days. Wurtzel says that as a child she was "full of promise" and doesn't remember exactly when she first realized she

was depressed, but by junior high school she was telling her friends, "everything is plastic and we are all going to die anyway." The memoir summarizes Wurtzel's series of breakdowns through college. Her crashes appear to have occurred with such rapid succession that I was confused when I realized she had achieved some major accomplishments. She writes that as a teenager she was "helpless" and skipped school all the time, yet somehow she managed

to be accepted at Harvard. She recounts moving in and out of the mental ward of the college infirmary because she was constantly drowning in a "black wave," but in 1986 she won the *Rolling Stone* College Journalism Award for essay writing, and the following summer was offered a job at the *Dallas Morning News* based on the award. However, Wurtzel apparently glosses over these achievements because they do nothing to enhance the sad story that she wishes to present. She focuses only on her personal lows for 300 pages and does not mention depression in the U.S. until her epilogue,

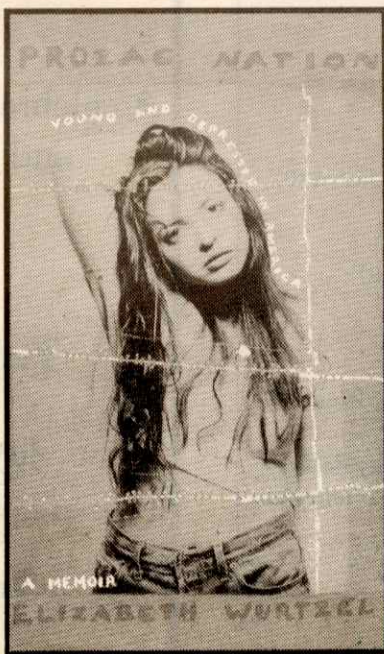
which makes me believe that sympathy is her main goal in this memoir. And if that is the case, then I've been cheated. I didn't need to read a book of complaints. Depression is a disease that can be described in less pages than

are in this book. I want information on what is being done about it. I want more than an epilogue about depressed youth, because Elizabeth Wurtzel is not the only one going through it in this country.

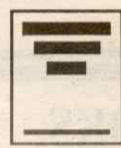
In the epilogue, where Wurtzel discusses the depression afflicting the young "twentynothings," she mentions lack of job security, divorce and AIDS as grounds for a generation's depression. I agree that these issues are causes for alarm, but draw the line when Wurtzel writes, "The trouble is when we get around to solutions, it always seems to come down to Prozac." With this dismaying assumption, Wurtzel seems to have decided that everyone between 20 and 30 years of age is begging for a happy pill that will help ease the pain of being young in America.

Wurtzel may be aware of the staggering number of people taking drugs for their depression, many of them young, but fails to reach any helpful solutions. Instead she compares herself to Kurt Cobain and Sylvia Plath and expects her readers will gain insight from her portrait of depression. Unfortunately, I now know more about Elizabeth Wurtzel than I ever desired while learning next to nothing about psycho pharmacology. I can't help but assume Houghton Mifflin approved of the subtitle *Young and Depressed in America* because it is so timely. It hooked into this era of media obsession with the down-and-out Generation X, and invented a catchy title that ultimately doesn't represent the book's contents. Here's proof, once again, that you can't judge a book by its cover.

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2. *Politically Correct Bedtime Stories*, by James Garner. (MacMillan, \$8.95)
3. *In the Time of the Butterflies*, by Julia Alvarez. (Algonquin Books, \$21.95)
4. *Lords of Chaos*, by Robert Jordan. (St. Martin's, \$25.95)
5. *Open Secrets*, by Alice Munro. (Random House, \$23)
6. *Debt of Honor*, by Tom Clancy. (Putnam, \$25.95)
7. *In The Lake Of The Woods*, by Tim O'Brien. (Houghton Mifflin, \$21.95)
8. *Mutant Message Down Under*, by Marlo Morgan. (Harper Collins, \$18)
9. *Snow Falling on Cedars*, by David Guterson. (Harcourt Brace, \$21.95)
10. *The Body Farm*, by Patricia Cornwell. (MacMillan, \$23)

Nonfiction

1. *True North*, by Jill Ker Conway. (Random House, \$23)
2. *Bell Curve*, by Richard Herrnstein. (Simon & Schuster, \$30)
3. *Crossing the Threshold of Hope*, by Pope John Paul II. (Random House, \$20)
4. *Motherless Daughters*, by Hope Edelman. (Addison-Wesley, \$23)
5. *Western Canon*, by H. Bloom. (Harcourt Brace, \$29.95)
6. *No Ordinary Times*, by Doris K. Godwin. (Simon and Schuster, \$30)
7. *Hot Zone*, by Richard Preston. (Random House, \$23)
8. *Fartheralong*, by Jon Edgar Wideman. (Random House, \$21)
9. *Women Who Hurt Themselves*, by Dusty Miller. (Basic Books, \$22)
10. *Power and Passion of M. Carey Thomas*, by Helen L. Horowitz. (Random House, \$30)

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NEWS OF THE WEIRD

continued from page 43

during a break in making the movie, *The Stranger*.

Recent uses of live animals as weapons: Two people in Camden, N.J., in August, and the owner of a store in Columbia, S.C., in May, said they were robbed by men brandishing only large, black snakes; Roland Wood, 31, said in July that he was assaulted by a man in Austin, Texas, who threw a Mexican freetail bat at him; a woman in Coraopolis, Pa., decided not to press charges against her former boyfriend, whom she had accused in June of chasing her with a snapping turtle in a fight over their breakup.

I DON'T THINK SO

The Sumter (S.C.) *Item* newspaper reported in September that state Rep. Grady

Brown, on at least seven occasions this year, paid constituents' utility company bills out of his campaign treasury, but that he saw nothing wrong with the practice, which he called "common." Said Brown, "A person is not going to vote for you for that reason."

LEAST JUSTIFIABLE HOMICIDE

At the time of the world population conference in Cairo in September, the newspaper *Al-Wajd* reported that a man in the southern town of Qena stabbed his wife to death after a discussion about the conference because she would not go to bed with him. ★

— Universal Press Syndicate

CURRENT PROJECTIONS

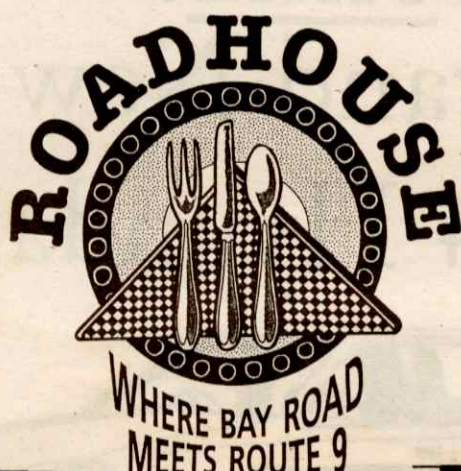
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pouting her lips and imitating Madonna, telling people that Leon is her lover, and describing her love for Leon like a warm fire in her belly.

Even beyond the irresponsibility involved in making a movie this amoral, the film stinks when judged as an action thriller. The plot is both improbable and hackneyed (even the kids in the row behind were two steps ahead), the action and effects cartoonish, and the dialogue laughable. "Is life always this bad," asks Mathilde, "or just when you're a kid?" Gary Oldman's Bad Lieutenant is a total caricature, and Reno's one and only move consists of gagging on milk so that it shoots out his nose.

The only reason to devote any thought to *The Professional* is to ponder why Hollywood (and now Europe) can distribute such a vile film, when entertaining and

thoughtful dramas like *Imaginary Crimes* and *Blue Sky* languish on the shelves or are pulled after one week. Studios operate under the assumption that no matter what sick and violent product they put out, there's a market for it — if not on screens, then on video. I think they'll be wrong this time, but no matter. Both cynical and nauseatingly sentimental, *The Professional* is a perfect metaphor for the film industry. Like the hit man, the movie is cold and calculating, with the director and crew dispatching the chore for the promise of cash. You can't help but feel that director Besson identifies with Leon, the contract killer. And he should. As bad as this crap is, and as big of a bomb as it will be, Besson will be summoned again. There's always another hit down the line. ★



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am I tired of this Christmas shopping. I mean by the time I found a parking spot it was time to go to work. They advertise all this chintzy junk but they were out of it by the time I got there fa la la tiz the season (is anybody actually reading this copy?) Anyway I was about

to give up when I went to Motor Mouth's the crazy copy shop at the Village Commons. Joy Joy Joy They make these personalized color calendars. You bring in family photos and stuff and louisa makes these neat calendars for you. But I really wanted to buy the SAMPLE because it looked like a more functional family than mine But she said she would do the

best she could with what I got. I'm giving it to my mom-in-law so she can Deck her walls with fa, la, la etc. It came out great. She'll love it. She'll still wish it was from that nice boy who lived next door BUT it'll be from ME. Ho ho ho. Personalized Calendars. Only \$24.99 at MOTOR MOUTH'S, at the Village Commons, across from Mount HoHoHolyoke College on Rte. 116 in South Hadley. They're in the same building as

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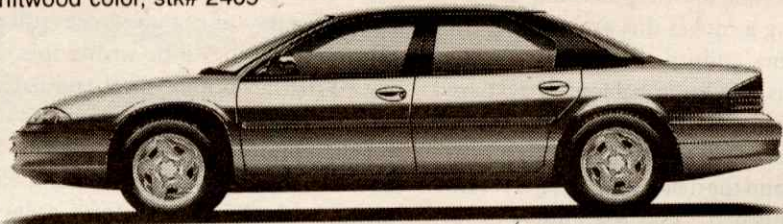
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Freezer, upright, Whirlpool, white, 12.8 cu. ft., good condition, \$150. Lateral file cabinet, 4 drawer, cream, 42"x52"x18", \$150. Bruce, 527-7188.

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For women. First session 2 hours, \$30. Call Stevie, 259-1774.

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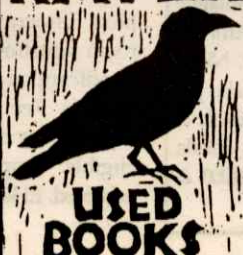
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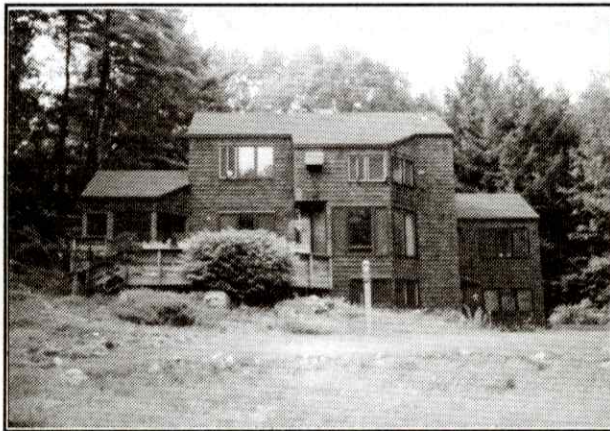
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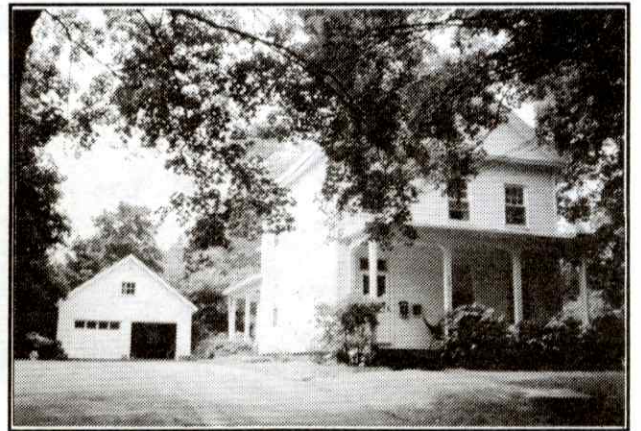
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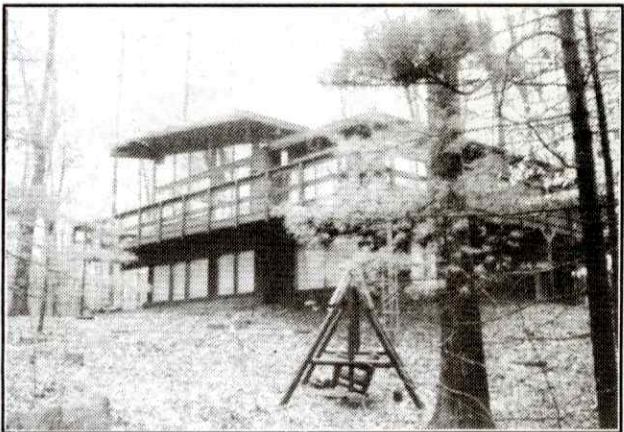
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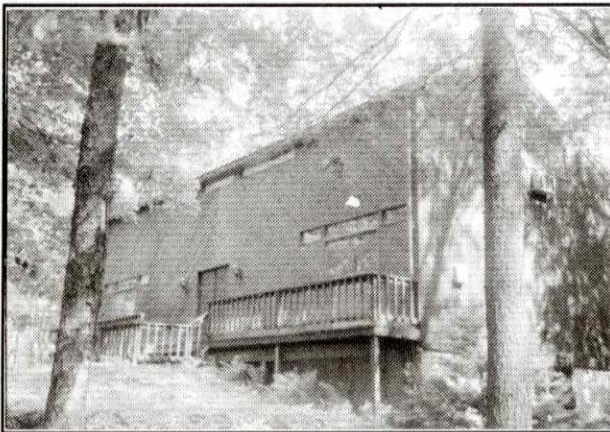
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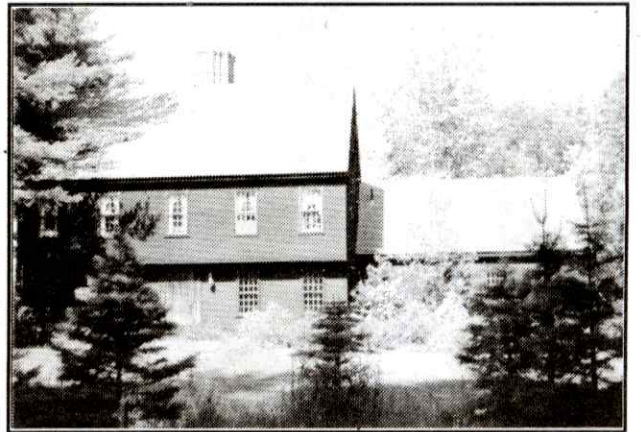
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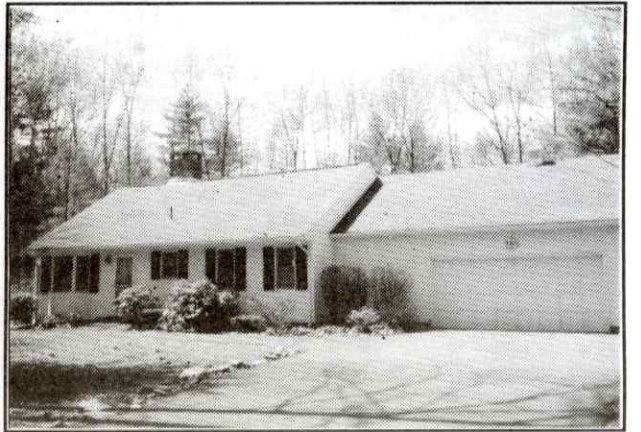
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